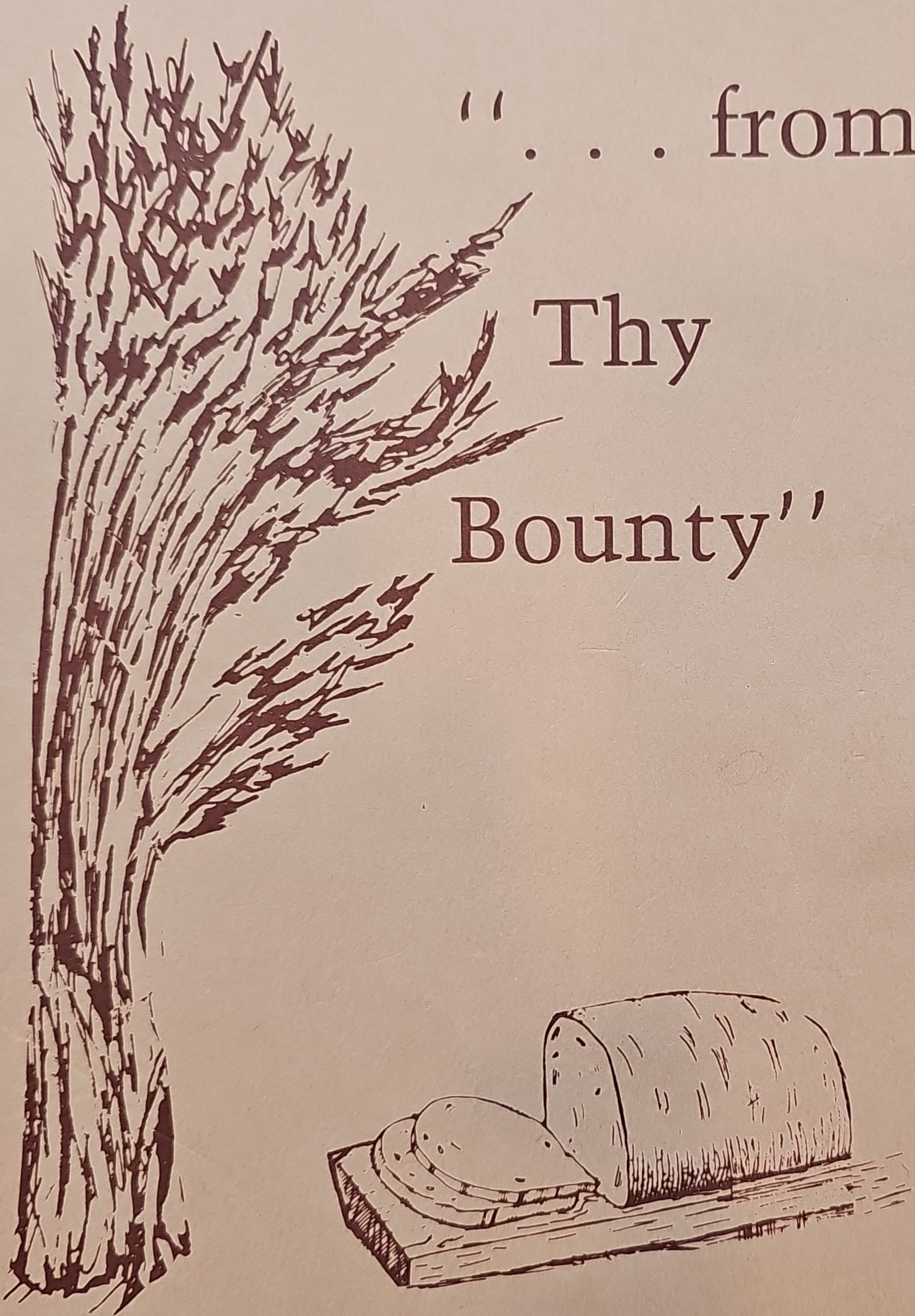
". . . from Thy Bounty"



Recipe Collection From
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MESSAGE from the ORGANIZATION

We, the organization, wish to recognize the role of those "advertisers" in today's society who provide the ongoing boost by constantly supporting projects like this.

We sincerely appreciate and thank all the merchants, business people, and others, whose fine spirit of cooperation made it possible for us to publish and market this book.

We truly hope that you will enjoy its use. Should you require extra copies of this publication for your friends, relatives or neighbors, you may purchase them from us.

The Organization

* * *

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Canada

LITHO IN CANADA

Take time for 10 things

1 **Take time to Work—**
it is the price of success.

2 **Take time to Think—**
it is the source of power.

3 **Take time to Play—**
it is the secret of youth.

4 **Take time to Read—**
it is the foundation of knowledge.

5 **Take time to Worship—**
it is the highway of reverence and washes
the dust of earth from our eyes.

6 **Take time to Help and Enjoy Friends—**
it is the source of happiness.

7 **Take time to Love—**
it is the one sacrament of life.

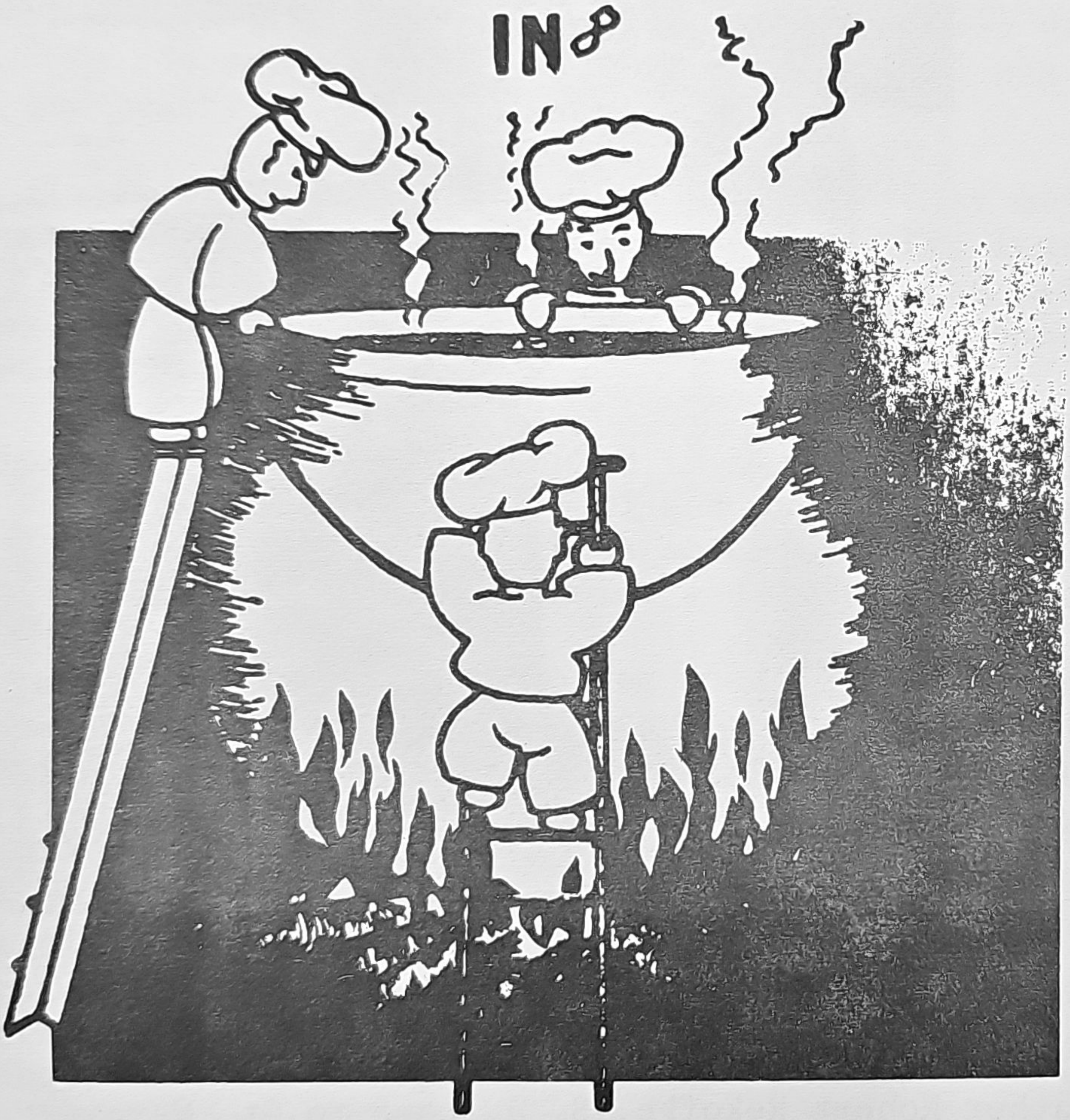
8 **Take time to Dream—**
it hitches the soul to the stars.

9 **Take time to Laugh—**
it is the singing that helps with life's loads.

10 **Take time to Plan—**
it is the secret of being able to have time
to take time for the first nine things.

WHAT'S COOKIN'?

IN



FATHER ROCK'S POT

a - Big Sandy, Mont.

"Fr, Rock"

Father Robert Rekofke, S. J. came to St. Margaret Mary's Catholic Church in Big Sandy, Montana in May of 1979 from St. Joseph's Parish in Seattle Washington. Before entering the Parish order he taught in Jesuit High Schools throughout the North West.

Since Fr. Rock came to Big Sandy he has shown our community what a "GOOD" cook he is. He has become well known for his famous Cinnamon Rolls.

So here's the recipe - - -

b - Big Sandy, Mont.

CINNAMON ROLLS

4 c. sifted all purpose flour	2 tbsp. sugar
1 tsp. salt	½ c. butter (1 cube), chilled

In a large mixing bowl cut butter into sifted flour, salt and sugar. Blend with a pastry blender or by hand until butter is well incorporated into flour mixture.

Beat well 2 eggs (large). Add 3/4 c. water (105-115 degrees). To the water and egg mixture dissolve - 1 pkg. active dry yeast.

Make a ring of the blended flour and pour the yeast mixture into the centre and work it gradually into the dry ingredients. Keep mixing until dough separates from the side of bowl. Remove dough from bowl and place on floured board and knead about 8 min.

Place in bowl and rise until double in size. After first rising punch down, remove from bowl and place on floured cloth or counter. Roll dough in an oblong pattern until it measures 24" long, six inches wide and a ¼ inch thick.

Spread melted butter over the rolled dough and cover with brown sugar, spread evenly across the dough. Top with raisins in a uniform pattern and sprinkle with cinnamon.

Roll like a jelly roll. Roll should be 24" long. Cut roll into 2" sizes and place in a greased pan, 34x22x4. Three rolls across and four down. Leave space between each roll so that they may be flattened when all assembled. Flatten rolls with hand covered with melted butter. All rolls should be joined together in this fashion.

Let rolls rise until rolls double in size. Bake in oven 10 to 12 min. at 400 degrees F.

After they have cooled, cover with glaze of powdered sugar, butter, water and vanilla.

* * * *

c - Big Sandy, Mont.

Where to look in the Bible

when

Anxious for dear ones—*Ps. 121; Luke 17.*

Business is poor—*Ps. 37, 92; Eccl. 5.*

Discouraged—*Ps. 23, 42, 43.*

Everything seems going from bad to worse—*II Tim. 3; Heb. 13.*

Friends seem to go back on you—*Matt. 5; I Cor. 13.*

Sorrow overtakes you—*Ps. 46; Matt. 28.*

Tempted to do wrong—*Ps. 15, 19, 139; Matt. 4; James 1.*

Things look "blue"—*Ps. 34, 71; Isa. 40.*

You seem too busy—*Eccl. 3:1-15.*

You can't go to sleep—*Ps. 4, 56, 130.*

You have quarreled—*Matt. 18; Eph. 4; James 4.*

You are weary—*Ps. 95:1-7; Matt. 11.*

Worries oppress you—*Ps. 46; Matt. 6.*

If you

Are challenged by opposing forces—*Eph. 6; Phil. 4.*

Are facing a crisis—*Job 28:12-28; Prov. 8; Isa. 55.*

Are jealous—*Ps. 49; James 3.*

Are impatient—*Ps. 40, 90; Heb. 12.*

Are bereaved—*I Cor. 15; I Thess. 4:13-5:28; Rev. 21, 22.*

Are bored—*II Kings 5; Job 38; Ps. 103, 104; Eph. 3.*

when

Desiring inward peace—*John 14; Rom. 8.*

Everything is going well—*Ps. 33:12-22; 100; I Tim. 6; James 2:1-17.*

Satisfied with yourself—*Prov. 11; Luke 16.*

Seeking the best investment—*Matt. 7.*

Starting a new job—*Ps. 1; Prov. 16; Phil. 3:7-21.*

You have been placed in a position of responsibility—*Joshua 1:1-9; Prov. 2; II Cor. 8:1-15.*

Making a new home—*Ps. 127; Prov. 17; Eph. 5; Col. 3; I Peter 3:1-17; I John 4.*

You are out for a good time—*Matt. 15:1-20; II Cor. 3; Gal. 5.*

Wanting to live successfully with your fellowmen—*Rom. 12.*

to find

The Ten Commandments—*Exo. 20; Deut. 5.*

The Shepherd Psalm—*Ps. 23.*

The Birth of Jesus—*Matt. 1, 2; Luke 2.*

The Beatitudes—*Matt. 5:1-12.*

The Lord's Prayer—*Matt. 6:5-15; Luke 11:1-13.*

The Sermon on the Mount—*Matt. 5, 6, 7.*

The Great Commandments—*Matt. 22:34-40.*

The Great Commission—*Matt. 28:16-20.*

The Parable of the Good Samaritan—*Luke 10.*

The Parable of the Prodigal Son—*Luke 15.*

The Parable of the Sower—*Matt. 13; Mark 4; Luke 8.*

The Last Judgment—*Matt. 25.*

The Crucifixion, Death and Resurrection of Jesus—*Matt. 26, 27, 28; Mark 14, 15, 16; Luke 22, 23, 24; John, Chapters 13 to 21.*

The Outpouring of the Holy Spirit—*Acts 2.*

If you

Bear a grudge—*Luke 6; II Cor. 4; Eph. 4.*

Have experienced severe losses—*Col. 1; I Peter 1.*

Have been disobedient—*Isa. 6; Mark 12; Luke 5.*

Need forgiveness—*Matt. 23; Luke 15; Philemon.*

Are sick or in pain—*Ps. 6, 39, 41, 67; Isa. 26.*

when you

Feel your faith is weak—*Ps. 126, 146; Heb. 11.*

Think God seems far away—*Ps. 25, 125, 138; Luke 10.*

Are leaving home—*Ps. 119; Prov. 3, 4.*

Are planning your budget—*Mark 4; Luke 19.*

Are becoming lax and indifferent—*Matt. 25; Rev. 3.*

Are lonely or fearful—*Ps. 27, 91; Luke 8; I Peter 4.*

Fear death—*John 11, 17, 20; II Cor. 5; I John 3; Rev. 14.*

Have sinned—*Ps. 51; Isa. 53; John 3; I John 1.*

Want to know the way of prayer—*I Kings 8:12-61; Luke 11, 18.*

Want a worshipful mood—*Ps. 24, 84, 116; Isa. 1:10-20; John 4:1-45.*

Are concerned with God in national life—*Deut. 8; Ps. 85, 118, 124; Isa. 41:8-20; Micah 4, 6:6-16.*

courtesy American Bible Society

SCRIPTURE CAKE

1 c. Judges 5:25
2½ c. Exodus 29:2
2 c. Nahum 3:12
1 c. Genesis 24:17
1 tsp. Exodus 16:31
2 c. Jeremiah 6:20
2 c. I Samuel 30:12
1 c. Numbers 17:8
6 c. Isaiah 10:14
1 pinch Leviticus 2:13
3 tsp. Amos 8:14

Season to taste with I Kings 10:2. Follow Solomon's prescription for a good boy in Proverbs 23:14 and bake.

Each Scripture verse contains 1 or more ingredients used in making a cake. It is good for you to take the time to look these up in the Book.

This recipe came from Scotland 180 years ago.

* * *

WORDS

The six most important words in the English language:

I admit I made a mistake.
The five most important words: You did a good job.
The four most important words: What is your opinion?
The three most important words: If you please.
The two most important words: Thank You.
The one most important word: We
The one least important word: I

MORE WORDS

Happiness is like potato salad - when you share it with others, it's a picnic.
Just about the time you think you can make ends meet, somebody moves the ends.
Be careful how you live - you may be the only Bible some people read.
A recipe that is not shared with others will soon be forgotten but when it's shared, it will be enjoyed by future generations.

* * *

e - Big Sandy, Mont.

MASTER MIX

DEVELOPED AT PURDUE UNIVERSITY

For Cookies, Muffins, Chocolate and Yellow Cakes, Pancakes, Waffles, Coffee Cakes, Gingerbread and Biscuits.

This quantity will yield 29 cups of mix. This is enough to make one batch of every item given below:

Ingredients	Approx. Cost
5 lb. all purpose flour	53¢
2½ c. dry milk solids	26¢
3/4 c. double acting baking powder	06¢
3 tbsp. salt	
2 tbsp. cream of tartar	01¢
½ c. sugar	02¢
2 lb. vegetable shortening	60¢
	$1.48

Stir baking powder, salt, cream of tartar, dry milk solids and sugar into unsifted flour. Sift all together, cut shortening into above until mix looks like cornmeal. Place in two Tupperware Econo Can. or one Giant Canister. Store at room temp.

USES FOR THIS MASTER - Combine ingredients in order given.
MIX:

BISCUITS - 1 doz. - 450 degrees F. - 10 strokes 10 min. Blend and knead.

3 c. Master Mix
3/4 c. water

PANCAKES - 18 med. size - just blend.

3 c. Master Mix
1 egg
1½ c. water

(continued)

f - Big Sandy, Mont.

MUFFINS - (1 oz.) 450 degrees - 25 min. Mix water and egg, blend with dry ingredients.

3 c. Master Mix
2 tbsp. sugar
1 egg
1 c. water

WAFFLES (6) - Blend well.

3 c. Master Mix
1 egg
1½ c. water

GINGERBREAD - 1 layer -2"x8"- 350 degrees for 40 min. Beat eggs, water, molasses. Blend dry ingredients. Gradually blend dry and liquid ingredients.

2 c. Master Mix
¼ c. sugar
1 egg
½ c. water
½ c. molasses
½ tsp. cinnamon
½ tsp. ginger
½ tsp. cloves

DROP COOKIES - 4 doz. - 375 degrees for 10-12 min. Blend and drop on cookie sheet.

3 c. Master Mix
1 c. sugar
1 egg
1/3 c. water
1 tsp. vanilla
½ c. nuts or chocolate bits

COFFEE CAKE - 400 degrees for 25 min. Blend, cover with topping.

3 c. Master Mix
½ c. sugar
1 egg
2/3 c. water

Top with ½ c. brown sugar, 3 tbsp.butter, ½ tsp. cinnamon, nuts and raisins

YELLOW OR CHOCOLATE CAKE - 2-8" pans, 325 degrees for 25 min. Blend sugar into mix, beat eggs and water. Add ½ mix, beat 2 min. Add rest and beat.

3 c. Master Mix
1½ c. sugar
2 eggs
1 c. water
1 tsp. vanilla
(chocolate)
½ c. cocoa

(continued)

g - Big Sandy, Mont.

PIE CRUST MIX -

3-1/3 lb. or 16 c. flour at .33
3 lb. shortening or lard at .89
1½ tbsp. salt

$1.22

2 c. of mix will make 1 single and 1 double pie crust.

Start with 1/3 c. of cold liquid for 2 c. of mix and add more if needed.

This is enough for approximately 24 single pie crusts and may be stored on the shelf. Cost per crust is approx. .05 per single crust - vs. - .12 per stick and .20 per frozen single crust. May be stored in 2 Econo's.

* * *

h - Big Sandy, Mont.

APPRECIATION

We want to express our appreciation to all those merchants, parish members and friends whose generous co-operation in this project made it possible for us to publish this book.

This Cook Book contains recipes from the people of our organization who have given us a reputation for being a "10" in the kitchen.

COOK BOOK COMMITTEE

Wilma Welty
Lil Foussard
Mary Gibbons
Valerie Bley
Penny Ament
Deana Genereux

* * * *

- Big Sandy, Mont.

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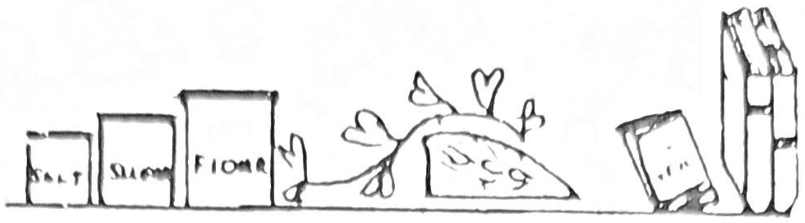
- Big Sandy, Mont.

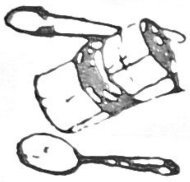
HORS D'OEUVRES, PICKLES & RELISHES

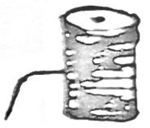


BEATITUDES FOR THE HOUSEWIVES

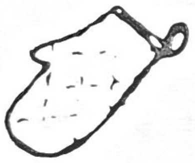
Blessed is she whose daily tasks are a labor of love; for her willing hands and happy heart translate duty into privilege, and her labor becomes a service to God.

Blessed is she who opens the door to welcome both stranger and friends; for gracious hospitality is a test of brotherly love.





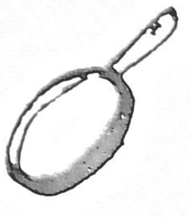
Blessed is she who mends stockings and toys and broken hearts; for her understanding is a balm to humanity.



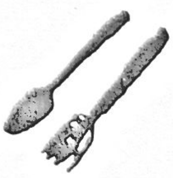
Blessed is she who scours and scrubs; for well she knows that cleanliness is one expression of Godliness.

Blessed is she whom children love; for the love of a child is more to be valued than fortune or fame.

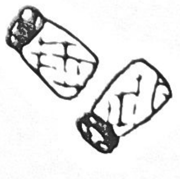
Blessed is she who sings while she works; for music lightens the heaviest load and brightens the dullest chore.



Blessed is she who dusts away doubt and fear and sweeps out the cobwebs of confusions; for her faith will triumph over all adversity.



Blessed is she who serves laughter and smiles with every meal; for her buoyancy of spirit is an aid to mental and physical digestion.



Blessed is she who preserves the sanctity fo the Christian home; for hers is a sacred trust that crowns her with dignity.

HORS D'OEUVRES, PICKLES & RELISHES

ORIENTAL CHICKEN PUFFS

1 pkg. Chicken Rice-a-Roni
2 eggs
1½ tbsp. horseradish
1 tsp. Worcestershire sauce
½ tsp. dry mustard
¼ tsp. salt
2-5 oz. cans chopped chicken
2/3 c. cheddar cheese, grated
1 c. Rice Chex, finely crushed

Prepare Rice-a-Roni according to pkg. directions. Cool to lukewarm. Combine eggs and seasonings, then add chicken and cheese. Chill. Roll in balls and roll in crushed Rice Chex. Fry until golden in hot oil. Drain well.

Serve warm with Sweet-Sour sauce or hot mustard sauce.

Patsy Worsley

HOT MUSTARD SAUCE

½ c. vinegar
½ c. sugar
½ c. prepared mustard
½ c. butter, melted
3 egg yolks, slightly beaten

Sweet-Sour Sauce -

3/4 c. sugar
¼ c. soy sauce
2 tbsp. cornstarch
1 c. vinegar

Combine first 5 ingredients in double boiler and cook until thickened. Serve warm.

SAUCE - Combine all ingredients in top of double boiler. Mix until smooth. Bring to boil and remove from heat. Serve warm.

Patsy Worsley

DILL WEED DIP

1 c. Best Foods Mayonnaise	2 tbsp. parsley
1 c. sour cream	2 tsp. dill weed
2 tbsp. minced onion	2 tsp. Beau Monde

Mix well and chill overnight. Serve with well chilled fresh vegetables - cherry tomatoes, celery and carrot sticks, zucchini sticks, cauliflower, cukes.

Ade Jurenka

JALAPENO PEPPER BALLS

1 - 11½ oz. can bean with bacon soup
4 c. shredded sharp cheddar cheese - 1 lb.
2/3 c. Jalapeno relish or chopped green chilies
½ c. bacon chips
1 c. chopped parsley or pecans

In large bowl of electric mixer, combine all ingredients, except parsley and pecans. Beat until smooth, chill. On wax paper shape mixture into 4 logs (4x1½"). Roll in chopped parsley or pecans.

Serve with crackers. Makes 4 logs or 60 appetizers.

Pam Davidson

HOT & CREAMY SHRIMP DIP

1-8 oz. pkg. cream cheese
1 - 10½ oz. can cream of shrimp soup, undiluted
4 green onions, including green tops, finely sliced

Using Microwave, or double boiler, heat cream cheese in bowl until softened. Stir in soup and onions. Microwave 2 min. or until dip is hot. Stir once, halfway through cooking time. Or - use double boiler stirring all the time until dip is hot. Serve with chips of any kind.

Elizabeth Martin

BROCCOLI DIP

- 1 pkg. frozen chopped broccoli
- 1 roll garlic cheese
- 1 can cream of mushroom soup
- ¼ - 1 c. chopped onion
- 1/2 c. chopped celery
- 1 stick Oleo or butter

Cook broccoli according to pkg. directions. Drain and add cheese roll. Saute celery and onion in butter until glossy. Add mushroom soup to broccoli. Combine all ingredients. Heat until hot. Serve with buttered French bread, bread sticks or crackers.

Mary Gibbons

SHRIMP DIP

- 2 cans shrimp
- 2 c. Kraft mayonnaise
- 4 green onions
- 6 stuffed olives
- 2 tbsp. ketchup
- 1 tbsp. lemon juice
- Salt and pepper

Chop shrimp, green onions, olives, add mayonnaise, catsup and lemon juice. Add salt and pepper to taste.

Alma Hurd

PATTI'S VEGETABLE DIP

- 1 pt. mayonnaise
- 1 pt. sour cream
- 1 tbsp. parsley flakes
- 1 tbsp. onion
- 1 tbsp. dill weed
- 1 tbsp. "Beau Monde" all purpose seasoning salt

Mix together and let sit at least 2 hrs. If "Beau Monde" is unavailable, "Alpine Touch" may be substituted. It is also a tasty salad dressing or sandwich spread, try it on most anything - you'll like it.

Darla Robertson

POTATO CHEESE BALLS

- ½ c. grated cheese
- 2 c. seasoned mashed potatoes
- Approx. 3/4 c. bread crumbs
- 1 egg

Add ½ c. grated cheese to 2 c. seasoned mashed potatoes. Shape like little balls. Roll in grated bread crumbs, in beaten egg diluted with a little water, then again in more bread crumbs.

Place on a greased cookie sheet and brown the balls in hot 400 degree oven.

Madeline Godfrey

BLUE CHEESE CHIP DIP

- 2 jars Rolka blue cheese
- 1-8 oz. pkg. cream cheese
- 2 c Miracle Whip
- 2 tbsp. minced onion
- 1 tsp.garlic powder

Cream together both cheeses, add remaining ingredients, chill and serve.

Jill Topel Bold

NANCY'S CHEESE BALL

- 1-10 oz. pkg. cheddar cheese
- 2-8 oz. pkg. cream cheese
- 1-4 oz. pkg. blue cheese
- 3 tbsp. pickle relish
- ½ pkg. dry onion soup mix
- 2 tbsp.Miracle Whip
- 1 tbsp. Worcestershire sauce

Grate cheddar cheese. Combine ingredients. Beat with an electric mixer. Refrigerate for 2 hrs. Shape into ball and roll in chopped pecans or walnuts.

Deloris Pribyl

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"Where good friends gather . . ."

APPETIZER TRAY

8 oz. commercial sour cream
8 oz. cream cheese
1 ripe avocado
Few drops lemon juice
1 c. cheddar cheese (shredded)
1 green pepper
1 c. green onion
1 c. green olives (pimiento-stuffed)
2 c. iceberg lettuce
2 tomatoes
Taco-flavored chips

Blend sour cream, cream cheese, avocado and lemon juice together. Spread evenly on one large or two small serving trays. Finely chop remaining ingredients and put on top of cheese mixture in the order listed. (If you use two trays, divide ingredients in half.) Serve with taco-flavored chips.

Pam Bold

SURPRISE MEAT BALLS

1 egg, beaten
2/3 c. soft bread crumbs
2 tbsp. finely chopped onion
½ tsp. Worcestershire sauce
½ lb. ground beef
Pimento-stuffed green olives
Cocktail onions
Canned pineapple tidbits
Canned whole mushrooms
Tangy cocktail dip

Combine first 4 ingredients and ¼ tsp. salt. Add meat; mix well. Drain olives, onions, pineapple & mushrooms. Halve pineapple tidbits and larger mushrooms. Shape meat around each olive, onion, pineapple or mushroom. Place on shallow baking pan. Bake at 425 degrees F. for 10 mins. Serve hot on cocktail picks with tangy cocktail dip. Combine 1 c. ketchup, 4 tsp. brown sugar, 4 tsp. prepared mustard and 6 drops bottled hot pepper sauce. Heat. Makes 3 dozen.

Lil Foussard

HOT CHEESE DIP

2 lb. lean ground beef
2 lb. American cheese, cubed
4 tsp. Worcestershire sauce

(continued)

1½ tsp. chili powder
Two 8 - 10 oz. cans tomatoes
2 cans green chilies

Fry beef and drain well. Put into 6 qt. crock, along with other ingredients. Set on High for 1 hr., stirring often. Turn down to Low and serve with Nacho Cheese Chips, Fritos, Doritos, etc.

Nora Grubb

SHRIMP-PICKLE CHIP DIP

1 - 8 oz. pkg. Philadelphia cream cheese
3 tbsp. Miracle Whip Dressing
¼ - ½ c. whipping cream
1 can tiny shrimp
2 - 5 lge. dill pickles
½ c. onion
Onion salt, garlic salt
Worcestershire sauce

Let cream cheese soften. Put cream cheese, Miracle Whip and some of the whipping cream in a blender. Mix well, but not too long. Add shrimp, pickles and onion. Let all blend until the last 3 ingredients added are in very small bits. Put into serving container. Add remaining ingredients as wanted, to taste.

Nora Grubb

SHRIMP COCKTAIL

1 - 12 oz. bottle chili sauce
1 - 2 tbsp. horseradish
1 tbsp. lemon juice
½ tsp. Worcestershire sauce
¼ tsp. salt
Dash of pepper
36 cleaned med. shrimp - (chilled)

Combine all ingredients, except shrimp & chili sauce, thoroughly. To serve individual appetizers, mix shrimp with sauce and serve in lettuce-lined cocktail sherbets. For a party snack, fill a large bowl with crushed ice and place a dish of sauce in centre. Arrange shrimp over ice.

(continued)

Serve with picks for dipping shrimp into sauce.

Yield - 6 servings.

Kathleen Berlinger

VEGETABLE DIP

1 c. mayonnaise	1 c. sour cream
1 tsp. seasoning salt	1½ tsp. dill weed
1½ tbsp. dry parsley	1 tbsp. minced onion

Mix together and refrigerate 1 hr. before use. This is for raw vegetables.

Betty Moes

GUACAMOLE DIP

1 large ripe avocado	Salt & pepper to taste
1 med. tomato	1 clove garlic, minced
2 tsp.grated onion.	1 c. dairy sour cream
1 tsp. lemon juice	

Peel avocado and remove pit. Place avocado meat in bowl, mash with fork and add the peeled and minced tomato, onion, lemon juice, salt, pepper and garlic. Blend in the sour cream.

Patsy Worsley

FRESH FRUIT CUP

2½ c. orange sections	1 c. orange juice
1 c. banana slices	Dash of lemon juice
1 c. strawberries	Sugar or honey to taste
Grapes or diced apples	

Combine. Chill. Serve small portions for appetizer, large for dessert. Serves 6 to 8.

Patsy Worsley

GREEN TOMATO RELISH

20 med. green tomatoes
8 large onions
8 green apples
2 green peppers
1 red pepper
3 c. vinegar
5 c. sugar
3 tbsp. salt
1 tbsp. celery seed
1 tbsp. cinnamon
1 tbsp. cloves
1 tbsp. turmeric

Grind the first 5 ingredients through a food grinder. Add the remaining ingredients. Mix and boil ½ hr. and then place in jars and seal immediately. Yield about 10 pts. Good on hamburgers, etc. (use another green pepper if you can't get a red pepper).

Lorna Springer

REFRIGERATOR PICKLES

1½ gal. sliced cukes
Sliced onions
6 c. sugar
4 c. white vinegar
½ c. salt
1½ tsp. turmeric
1½ tsp. dry mustard
1½ tsp. celery seed

Peel and slice cukes and onions. Press firmly into gal. jar. Mix brine and bring to a boil. Cool and pour over cukes. Cover and keep in fridge. Will keep up to 1 hr.

Helen Rice

DILL PICKLES (MILD)

For 1 qt. pickles -

Dill sprigs
1 tbsp.sugar
1 tbsp. salt
Alum - size of pea
½ c. vinegar
Small cucumbers
Boiling water

In qt. jar put in 2 or 3 sprigs dill. Fill loosely with cucumbers. Add 1 tbsp. salt - 1 tbsp. sugar, the alum, ½ c. boiling vinegar. Fill to top with boiling water and seal.

(continued)

P. S. - Soak cucumbers in mild salt water overnight. Pickles should stand 3 to 4 weeks before using.

Marion Green

FRESH TOMATO SAUCE

- 2 med. onions
- 4 cloves garlic, mashed
- 1/3 c. salad oil
- 5 lb. ripe tomatoes
- ½ c. minced green onions
- 1 green pepper, chopped
- 1½ tsp. salt, 3/4 tsp. pepper
- ¼ tsp. anise seed, crushed
- 1 tbsp. oregano
- 3/4 tsp. rosemary leaves
- 1 tsp. paprika
- 1-3/4 c. dry red wine

In Dutch oven, cook onions and garlic until golden. Cut skinned tomatoes into 8ths and add. Add rest of ingredients. Bring to boil and stir to break up tomatoes. Reduce heat - cover kettle and simmer for 1 hr. until of desired consistency.

May be used immediately - frozen - or canned or refrigerated. Good on spaghetti.

Leah Dixon

MEXICAN HOT SAUCE

- 1 Spanish onion
- 1 bell pepper
- 1 clove garlic
- 3 tomatoes or 2 small cans
- 1 can Jalapeno peppers

Cut ingredients into small chunks, put in blender and puree. Delicious as dip or sauce for tacos, etc.

Darla Robertson

ZUCCHINI RELISH

10 c. zucchini - ground med. fine
4 c. onions, finely chopped
1-4 oz. jar sliced pimento
3 tbsp. canning salt
6 c. sugar
2¼ c. cider vinegar
1½ c. water
½ tsp. pepper
3/4 tsp.turmeric
2 tsp. celery salt
1 tsp. nutmeg
¼ tsp. allspice
Dash of ginger

Cover zucchini, onions, pimentos, and salt with cold water. Let stand overnight. Next morning drain, rinse and drain again. Make syrup of remaining ingredients. Bring syrup to a boil, add drained vegetables and simmer until all are tender, about 20-30 min. Seal immediately in hot sterilized jars or process in hot water bath for 20 min. Makes about 8 pts.

This relish is good on meats such as hot dogs, hamburger or left-over roast. Added to salad dressing, it makes a nice tartar sauce.

Mary McKeever

ZUCCHINI OR CUCUMBER RELISH

10 c. chopped zucchini or cucumber
5 c. chopped onion
2 chopped green peppers
1 or 2 chopped sweet red peppers
½ c. salt, 4 c. cold water

Sprinkle salt over chopped vegetables and let set overnight. Next day add 4 c. cold water, mix and drain thoroughly. Make syrup from the following and boil for 5 min.

(continued)

3 c. brown vinegar
4 c. sugar
1 tsp. dry mustard
1 tsp. turmeric
3 tsp. cornstarch
2 tsp. mustard seed
¼ tsp. pepper
1 tsp. nutmeg
2 tsp. celery seed

Add drained vegetables and bring just to a boil, stirring often. Pack in sterilized jars and seal.

Laura Sheehy

RAW GREEN PICKLES

2-3/4 c. sugar
2 c. vinegar
¼ c. salt
2 c. cucumbers, unpeeled
½ head cauliflower
2 onions
1 green pepper
1 red pepper

Slice cucumbers very thinly. Break apart cauliflower into bite-size pieces. Thinly slice the onion and green and red peppers. Mix sugar, salt and vinegar until the sugar dissolves over a med. heat. Let stand until very cold. Pour over the raw vegetables. Let stand 24 hrs. You may reuse the liquid one more time.

Marianne Brewer

COPPER PENNIES

2 lb. carrots
1 green pepper
1 onion
½ tsp. salt
¼ tsp. pepper

Dressing - 1 can undiluted tomato soup
½ c. salad oil
3/4 c. vinegar
1 c. sugar
1 tsp. Worcestershire sauce
1 tbsp. prepared mustard

(continued)

Boil 2 lb. carrots in salted water - just until bright gold (par-boiled). Drain and cool. Layer in a bowl with green pepper (sliced) and sliced onion, plus salt and pepper.

DRESSING - Mix 1 can undiluted tomato soup, ½ c.salad oil, 3/4 c. vinegar, 1 c. sugar, 1 tsp. Worcestershire sauce, 1 tbsp. prepared mustard and bring to a boil. Pour over layered vegetables. Chill in fridge. May be served hot or cold. Keeps for 2 weeks in fridge.

Mary Bold

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SALADS, SOUPS & VEGETABLES

SAUCES

WHITE SAUCE	LIQUID	THICKENING	FAT	SEASONING (Salt)
No. 1 thin	1 c. milk	1 Tbsp. flour	1 Tbsp.	½ tsp.
No. 2 medium	1 c. milk	2 Tbsp. flour	1½ Tbsp.	½ tsp.
No. 3	1 c. milk	3 Tbsp. flour	2 Tbsp.	1 tsp.
No. 4 thick	1 c. milk	4 Tbsp. flour	2½ Tbsp.	1 tsp.

Use No. 1 sauce for cream soups.
Use No. 2 sauce for creamed or scalloped dishes or gravy.
Use No. 3 sauce for souffles.
Use No. 4 sauce for croquettes.

VEGETABLE TIME TABLE

VEGETABLE	(Minutes) BOILED	STEAMED	BAKED
Asparagus Tips	10 - 15		
Asparagus, tied in bundles	20 - 30		
Artichokes, French	40	45 - 60	
Bean, Lima, depending on age	20 - 40	60	
Bean, String	15 - 35	60	
Beets, young with skins on	30	60	70 - 90
old	1-2 hrs.	1-2 hrs.	
Broccoli, flowerets	5 - 10		
stems	20 - 30		
Brussel Sprouts	20 - 30		
Cabbage, chopped, cut sectional	10 - 20	25	
Cauliflower, stem down, whole	20 - 30		
flowerets	8 - 10		
Carrots, cut across	20 - 30	40	
Chard	60 - 90	90	
Celery, cut in lengths ½ inch	20 - 30	45	
Corn, green, tender	5 - 10	15	20
Corn on the Cob	8 - 10	15	
Eggplant, whole	30	40	45
Marrow	15 - 40		
Onions	25 - 40	60	60
Parsnips	25 - 40	60	60 - 75
Peas, green	5 - 15	5 - 15	
Peppers	20 - 30	30	30
Potatoes, depending on size	20 - 40	60	45 - 60
Potatoes, sweet	40	40	45 - 60
Scalloped potatoes			60 - 90
Pumpkin, in cubes	30	45	60
Salsify	25	45	
Spinach	8 - 10	20	
Squash in cubes	20 - 40	50	60
Tomatoes, depending on size	5 - 15	50	15 - 20
Turnips, depending on size	25 - 40		

COLE SLAW DRESSING

Mix-

1-3/4 c. white sugar
1 tsp. dry mustard
1 tsp. celery seed
1 tsp. salt
1 tbsp. grated onion (or more, if desired)

Add 1¼ c. cider vinegar, warmed so that sugar will dissolve more easily. After the sugar is dissolved, add ½ c. salad oil. Pour over cabbage just before serving. May be used with salad dressing and evaporated milk for a different taste of cole slaw. May also be used as dressing for bean salad.

This dressing keeps well in fridge for several weeks.

Mary McKeever

ONION DRESSING

For tossed salad.

1 c. oil
½ c. white vinegar
1 c. sugar
1 tsp. dry mustard
1 med. onion
1 tsp. celery seed

Blend in blender.

Betty Moes

ROQUEFORT DRESSING

½ green pepper
¼ med. onion
2 cloves garlic

(continued)

1 pkg. Roquefort or blue cheese
1 c. whipping cream, (whipped)
1 qt. Best Foods mayonnaise

Put the green pepper, onion, garlic and cheese through the food chopper two or three times or until very fine.

Whip the cream; add the mayonnaise and green pepper mixture. Beat in mixer until well blended. Quantities of green pepper, onion, garlic and cheese may be varied according to taste.

Makes almost 2 quarts.

Ade Jurenka

FRENCH DRESSING

1 can tomato soup
3/4 c. vegetable oil
3/4 c. vinegar
¼ c. sugar
1 tsp. dry mustard
¼ tsp. paprika
2 tbsp. ketchup
1 clove garlic

Put all ingredients in blender or bowl and beat until blended. Makes 1 quart and keeps well in fridge.

Beverly Faber

STRAWBERRY SALAD

1 - 6 oz. pkg. strawberry Jello
2 c. boiling water
1 - 16 oz. pkg. frozen strawberries
2 lb. can (2½ c.) crushed pineapple
2 or 3 bananas
1 c. commercial sour cream

(continued)

Mix together Jello and boiling water. Add crushed pineapple (juice and all) and mashed bananas. Put half mixture in 9"x13" pan. Chill until firm. Spread with sour cream. Pour rest of Jello mixture on top. Chill until firm.

Jewell Bahnmiller

SALMON SALAD

1 c. sour cream
¼ c. ketchup
1 tbsp. lemon juice
4 tsp. prepared horseradish
1 - 1-lb. can salmon
1 lge. head lettuce
1 lge. tomato, cut in thin wedges
1 firm ripe avocado, sliced
1 med.-size cucumber, sliced
1 pkg. (4 oz.) cheddar cheese, shredded
2 c. cooked macaroni

Combine sour cream, ketchup, lemon juice and horseradish in small bowl. Chill. Drain salmon; break in large chunks. Combine with broken bite-size lettuce, tomato, avocado, cucumber and cheese in large salad bowl. Pour dressing over top. Toss lightly to mix.

Hazel Balazic

MARINATED CARROT SALAD

6 c. sliced carrots
1 lge. onion, chopped
1 lge. pepper, chopped
1 can tomato soup
1 c. sugar
1/3 c. salad oil
3/4 c. vinegar
1 tsp. salt
1 tsp. pepper

(continued)

Cook carrots just until tender. Combine soup, sugar, oil, vinegar and seasonings and heat until sugar dissolves. Pour over carrots, then add the onion and pepper. Makes a large salad.

Valerie Bley

CROWN JEWEL SALAD

1 pkg. lime Jello
1 pkg. cherry Jello
1 pkg. orange Jello
3 c. boiling water
1½ c. cold water
1 c. pineapple juice
¼ c. sugar
1 pkg. lemon Jello
½ c. cold water
2 envelopes Dream Whip
1 c. cold milk
1 tsp. vanilla

Dissolve the Jello (1 pkg. each) in the hot water in separate pans and add cold water. (Use loaf pans.) Let set overnight. Next morning, heat pineapple juice and sugar to boiling. Remove from heat; add lemon Jello, stirring until dissolved. Add ½ c. cold water and chill until syrupy. Take the Dream Whip and milk and whip. Add vanilla. Fold into the syrupy mixture.

Cut the three pans of Jello into cubes and fold them into lemon mixture. Put into jelly mould or angel food pan and chill until set.

This may also be put into any nice bowl or a cake pan.

Rose Mary Witschen

LAYERED SALAD

1 head lettuce
½ c. celery, chopped
½ c. green peppers
1 onion, thinly sliced
1 pkg. frozen peas
2 c. mayonnaise
2 tbsp. sugar
4 oz. cheddar cheese, grated
8 slices bacon, fried and crumbled

In 9x13 pan, cut up lettuce, add celery, pepper, onion and peas in layers. (Cook peas about 2 min.). Spread on mayonnaise and sprinkle with sugar. Add cheese and crumble bacon over. Cover with aluminum foil and refrigerate overnight.

Barbara Dixon

FRUIT SALAD

Small Cool Whip
1 small pkg. Jello, any flavour
1 small can pineapple, drained
Small can mandarin oranges, drained
16 oz. cottage cheese

Mix Jello into cottage cheese. (Do not prepare Jello - use right out of pkg.) Add fruit - mix - add Cool Whip. Chill.

Madeline Godfrey

STRAWBERRY JELLO SALAD

2 c. boiling water
6 oz. strawberry Jello
1 pkg. whole strawberries
1 can crushed pineapple
2-3 mashed bananas
1 carton sour cream

Boil water, pour Strawberry Jello in - stir until dissolved. Add frozen strawberries, stir until thawed. Add 1 can crushed pineapple and bananas. Mix. Pour half of batch into cake pan. Chill until set. Spread carton sour cream over evenly and spread rest of Jello mixture on top. Chill until set.

Helen Maxwell

TACO SALAD

- 1 lb. hamburger
- 1 large tomato
- 1 med. head lettuce
- 1 large green onion
- Dorito's Taco flavoured chips
- French dressing
- Colby cheese - grated
- 1 pkg. Old Elpso Taco seasoning
- 1 can chopped black olives, opt.

Fry hamburger and drain well, set aside to cool. Cut tomatoes, lettuce and green onions. Mix these ingredients together and add cooled hamburger, French Dressing and grated cheese. Lightly crush the Dorito's but wait to add just before serving so they do not become soggy.

Leona Godfrey

FRUIT SALAD

- 1 pt. whipping cream, whipped
- 1 can lemon pie filling
- 2 #303 cans pineapple, drained
- 2 #303 cans fruit cocktail, drained
- 2 cans mandarin oranges, drained

Mix whipped cream, and lemon pie filling. Pour over fruit. This makes a big recipe.

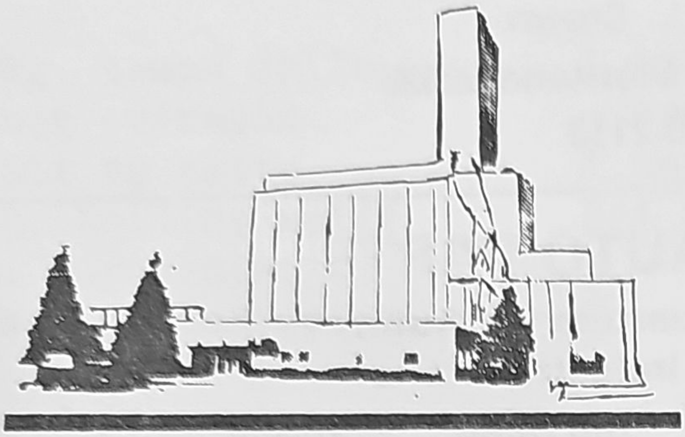
Beverly Phalen

FROZEN COLE SLAW

- 7 lb. raw cabbage
- 1 tbsp. salt
- 1 c. vinegar
- ¼ c. water
- 1½ c. sugar
- ½ tsp. dry mustard
- 1 tsp. celery seed
- 1 carrot, grated
- ½ green or red pepper

Sprinkle salt over grated cabbage and let stand 1 hr. Boil together ingredients from vinegar through to celery seed. Bring to boil - stir and remove from heat. Drain all water from cabbage and add the carrot and pepper. Pour the above mixture over cabbage mixture. Stir. Freeze.

Cheryl Pavlovick
18 - Big Sandy, Mont.



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SHRIMP OR CRAB SALAD

1 pkg. lemon Jello
2 tbsp. vinegar
Salt to taste
1½ c. boiling water
½ c. mayonnaise
1 tsp. grated onion
1 can drained shrimp or crab meat
1 small jar pimento, cut fine
3/4 c. cut up celery

Combine Jello, vinegar, salt and hot water. When Jello is dissolved, add the mayonnaise and blend well. Cool. When mixture starts to set, add celery, onion, shrimp or crab and pimento. Pour into 8x8 pan and chill until set.

P. S. - ¼ c. finely cut green pepper adds to flavour and colour.

Marion Green

CHERRY SALAD SUPREME

1-3 oz. pkg. raspberry gelatin
1-3 oz. pkg. lemon gelatin
1/3 c. salad dressing
1-21 oz. can cherry pie filling
1-3 oz. pkg. cream cheese
1 - 8-3/4 oz. can (1 c.) crushed pineapple
1 c. miniature marshmallows
½ c. whipping cream
2 tbsp. chopped nuts

Dissolve raspberry gelatin in 1 c. boiling water, stir in pie filling. Turn into 9x9x2 baking dish, chill until partially set. Dissolve lemon gelatin in 1 c. boiling water. Beat together cream cheese and salad dressing. Gradually add lemon gelatin. Stir in undrained pineapple.

Whip ½ c. whipping cream, fold into lemon mixture with 1 c. miniature marshmallows. Spread atop cherry layer, top with 2 tbsp. chopped nuts. Chill until set. 12 servings.

Janis Reichelt

LEMON PINEAPPLE SALAD

2-3 oz. pkg. lemon Jello
4 c. boiling water
4 handfuls mini-marshmallows
2 small cans crushed pineapple
4 diced bananas

½ c. sugar
2 tbsp. flour
2 eggs, slightly beaten
2 tbsp. margarine
1 large Cool Whip

Dissolve 2-3 oz. pkg. lemon Jello in 4 c. boiling water. While still hot put in 4 handfuls mini marshmallows and dissolve - cool. Drain 2 small cans crushed pineapple and reserve 1 c. juice. Add pineapple and 4 diced bananas. Let set until solid.

Mix ½ c.sugar, 2 tbsp. flour, 2 eggs, slightly beaten, 2 tbsp. margarine and pineapple juice (add extra juice if you don't have 1 c. from crushed pineapple) and cook until very thick. Cover and chill in fridge.

When chilled add 1 large container Cool Whip. Mix and spread over Jello and sprinkle with finely chopped nuts and let set for at least 12 hrs.

Makes a 9x13 glass pan. Serves 18.

Helen Maxwell

FRESH VEGETABLE SALAD

1 small head cauliflower
1 bunch fresh broccoli
1 basket cherry tomatoes
1 large green pepper
1 small basket fresh mushrooms

1 can pitted black olives
1 small bottle Italian Dressing
1 pkg. Italian Dressing

Use large bowl - clean vegetables and cut in bite-size pieces. Leave tomatoes whole.

(continued)

Sprinkle the pkg. of dressing and the bottle of dressing over all and stir. Let it marinate for 24 hrs. - stir a time or two in between and eat.

It will keep a week or ten days in fridge.

Della Sohm

AVOCADO SALAD

1 large pkg. lime or lemon Jello
2 c. hot water
1 small can crushed pineapple
1 avocado
3 mashed bananas
½ c. Cool Whip
½ c. mayonnaise

Dissolve Jello in 2 c. hot water. Add crushed pineapple, grated avocado, mashed bananas, Cool Whip and mayonnaise. Pour into 9x9x2 pan and let set in fridge overnight.

Rosie Pegar

YUMMY SALAD

1 can chicken noodle soup
1-8 oz. pkg. cream cheese
1-3 oz.pkg. lemon Jello
1/3 c. boiling water
½ c. mayonnaise (not salad dressing)
1 can shrimp, drained
1 c. combined green onion, celery, and pimento, diced

Heat the chicken noodle soup undiluted and add cream cheese and stir until creamy. Add lemon Jello dissolved in the boiling water then the mayonnaise. Cool. Add shrimp & combined vegetables. Set until firm.

Mary Gibbons

PARTY TIME SALAD

1 pkg. lime Jello
1-16 oz. can crushed pineapple
6 oz. cream cheese
1/3 c. chopped pimento
1 c. whipping cream
1 c. diced celery
1 c. chopped walnuts

Dissolve 1 pkg. lime Jello in the boiling pineapple, use juice and all. Chill until partly set. Stir in 6 oz. softened cream cheese, the pimento, diced celery, and walnuts. Fold in the whipped cream and chill.

Dorothy Trepina

SHRIMP SALAD

(not metric)

1 loaf sandwich bread
3 tbsp. onion, grated
6 hard boiled eggs
2½ c. Best Food Mayonnaise
3-4 oz. cans shrimp

Butter the bread slices and cut into cubes. Add onions, eggs, mayonnaise. Refrigerate overnight. Mix in shrimp and serve.

Terry Berlinger

CALICO SALAD

1 can green beans, drained
1 can wax beans, drained
1 can kidney beans, drained and rinsed
1 can garbanzo beans, drained
1 red onion, cut into thin rings
2 small green peppers, sliced (thin) into rings, fresh cauliflower buds

Marinade - 3/4 c. sugar
1/3 c. oil
3/4 c. white vinegar
½ tsp. salt
½ tsp. pepper
¼ tsp. dry mustard

(continued)

Mix the marinade ingredients together. Pour over salad. Stir often to marinate it well. Refrigerate. Keeps two weeks getting better every day.

Jean Barsotti

ONION SALAD

8 Spanish onions, cut paper thin
½ c. water
½ c. vinegar - white
3/4 c. sugar
1½ c. mayonnaise
1 tbsp. celery seed
Salt & pepper to your taste

Mix water, vinegar and sugar. Pour over your sliced onions, let set for 2 or 3 hrs. or overnight. Drain well. Mix mayonnaise, celery seed, salt and pepper and put on drained onions.

Della Sohm

PINEAPPLE BANANA SALAD

4 c. boiling water
16 large marshmallows
2-3 oz. pkg. lemon Jello
1 med. can crushed pineapple, drained
2 large bananas
½ c. sugar
2 tbsp. flour or cornstarch
2 beaten eggs
1 c. pineapple juice
2 tbsp. butter
1 pkg. Dream Whip

Add Jello to boiling water and add the marshmallows, stirring until marshmallows are melted. Cool until slightly thickened and add pineapple and sliced bananas. Refrigerate until set.

TOPPING - Cook sugar, cornstarch or flour, eggs, butter and juice until thick and done. When cool, whip Dream Whip as directed on pkg. and mix with above. Spread on top of salad and sprinkle with nuts.

Ethel Kalanick

RASPBERRY RING MOULD

2 small pkg. raspberry Jello
2 small pkg. frozen raspberries
½ pt. sour cream

Defrost berries and save liquid. Prepare Jello in 2 c. water. Cool. Total liquid should not exceed 3¼ c. Mix in sour cream and raspberries. Chill in mould. Make a nice red dish for Christmas and Thanksgiving instead of cranberries.

Pam Davidson

HOT CHICKEN SALAD

2-3 c. diced chicken
1 c. diced celery
¼ c. diced onion
1 c.grated cheddar cheese
1 c. water chestnuts or
½ c. slivered almonds
1 c. mayonnaise

Mix together - bake at 400 degrees for about 15 min. Sprinkle some grated cheese and crushed potato chips on top before baking (opt.)

Alice Green
Courtesy Anne Mae Laulo

POTATO CHEESE SOUP

2 lb. (4 med.) potatoes
1 c. chopped celery
1 c. chopped onions
1 c. chopped carrots
1 qt. chicken stock
¼ tsp. marjoram
½ tsp. salt
½ lb. cheddar cheese, cut up
or 1 can cheddar cheese soup
Pepper to taste

Cut up the vegetables and cover with the chicken stock. Add the marjoram, salt and pepper - simmer until the vegetables are cooked. Mash all the vegetables with a potato masher. Add the cubed cheese or the cheese soup, heat just to boiling then serve. Serves 4.

Valerie Bley

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HARVEST SOUP

2 tbsp. vegetable oil
1 lb. or less ground meat
1 c. chopped onion
1 c. diced potatoes
1 c.sliced celery
½ c.diced carrots
1 c. shredded cabbage
2 c. tomatoes
6 c. water
¼ tsp. thyme
1 bay leaf
Salt and pepper to taste
½ c. raw rice

In large kettle put shortening, meat and onion. Cook over med. heat until light brown, stirring with fork to break up meat. Add vegetables, water, rice and seasonings. Mix well, bring to boil, reduce heat and simmer until done, about 3/4 hr.

Frances Pokorny

HAMBURGER-VEGETABLE SOUP

1 or 2 lb. ground beef
1 - 1 lb. can (2 c.) stewed tomatoes
1-8 oz. can (1 c.) tomato sauce
2 c. water
1-10 oz. pkg. frozen mixed vegetables or substitute
1 can of veg-all
½ envelope (¼ c.) dry onion soup mix
1 tsp. sugar

In Dutch oven or large heavy sauce pan lightly brown ground beef, drain off excess fat. Stir in tomatoes, tomato sauce, water, frozen vegetables, onion soup mix and sugar. Bring to boiling. Reduce heat, cover and simmer 20 min.

Makes 6 to 8 servings.

Barbara Ophus

BEAN SOUP

- 1 c. Navy beans - washed
- 2-3 c. water
- ¼ tsp. soda
- 2-3 c. fresh water
- 1 tbsp. onion, chopped and browned
- 1 tbsp. bacon, chopped and browned
- Salt to taste
- ½ - 1 c. cream

Add water and soda to beans. Bring to good rolling boil and boil 1-2 min. Drain. Rinse with fresh water. Add 2-3 c. fresh water, boil beans until soft. Brown 1 tbsp. chopped onion and 1 tbsp. chopped bacon. Add to beans. Add salt to taste and ½ - 1 c. cream. Simmer awhile and serve.

Katherine Berlinger

POTATO CASSEROLE

- 2 lb. hash brown potatoes, thawed
- 1 tsp. salt
- 2 tbsp. minced onion
- 1 pt. sour cream
- 2 c. cornflake crumbs
- ½ c. melted margarine
- ½ tsp. pepper
- 1 can cream of chicken soup
- 2 c. grated American cheese

Mix together all ingredients except ¼ c. of the melted margarine and the cornflake crumbs. Put the mixture into a 9x13 pan. On top of the mixture, sprinkle the margarine-crumb mixture. Bake in 350 degree oven for 1 hr.

Pam Bold

ZUCCHINI BAKE

- 6 med. zucchini squash
- 3 onions, chopped
- 1 can cream of mushroom soup
- 2-4 c. croutons
- ½ - 1 c. grated cheese, (American)

(continued)

Cook onions and zucchini squash until tender in water. Stir in croutons and soup, reserving 1 c. croutons. Pour into 9x13 baking dish. Top with cheese and remaining croutons.

Bake in 350 degree oven (moderate) for 45 min. or until done.

Marianne Brewer

BAKED LIMA BEANS

- 1 lb. (about 2 c.) dried baby lima beans
- 3 tsp. salt
- 3/4 c. butter or margarine
- 3/4 c. brown sugar
- 1 c. sour cream
- 1 tbsp. dry mustard
- 1 tbsp. molasses

Soak lima beans over night. Drain and cover with fresh water. Add 1 tsp. salt and cook until tender - about 30 min. Drain again and rinse with hot water under tap.

Put in med. size casserole. Dab with butter over beans.

Mix brown sugar, dry mustard and remaining salt together into bowl and sprinkle over beans. Stir in molasses and finally pour sour cream and mix tenderly. Bake at 350 degrees for 1 hr.

Jessie O'Malley

MEXICAN STRING BEANS

- 6 slices bacon
- 1 large onion, diced
- 1 c. hamburger
- 1 tbsp. each salt, sugar, chili powder
- 2 cans Staco beans
- 1 can tomatoes

Heat bacon and hamburger until fat begins to run. Add onion and saute until onion is tender and golden. Drain fat and add the rest of the ingredients. Simmer ½ hr. to 45 min. Best to use big square frying pan.

Cindy Genereux

IRISH COLCANNON

Potatoes
1 doz. spring onions
½ c. milk
Butter

Peel potatoes, boil and mash. Chop onion and mix with potatoes. Add milk as you mix. Season with salt and pepper. Add large hunk of butter on top and serve hot.

Eileen Berlinger

CANDIED SWEET POTATOES

6 small sweet potatoes
Water
1/3 c. margarine
1½ c. undrained crushed pineapple
1/3 c. pecan halves
½ c. firmly packed brown sugar

In 2 qt. sauce pan, cover potatoes with water and 1 tsp. salt. Simmer potatoes until tender. Drain, cool and peel potatoes. Cut potatoes into large chunks. In sauce pan heat margarine and stir in remaining ingredients. Simmer until bubbly. Add sweet potatoes and simmer, turning potatoes for 10 min. or until glazed. Serves 6.

Ida Genereux

CHEESE-FROSTED CAULIFLOWER

1 med. head cauliflower
Salt
½ c. salad dressing or mayonnaise
2 tsp. prepared mustard
3/4 c. shredded sharp process American cheese, Swiss or Monterey Jack

Leaving the cauliflower whole, remove leaves and woody base, wash. Cook cauliflower 12 to 15 min. in boiling salted water to cover, drain well. Place cauliflower in shallow baking pan. Sprinkle with salt. Mix mayonnaise and mustard, spread over cauliflower. Sprinkle with cheese.

(continued)

Bake in moderate 375 degree oven about 10 min. or until cheese melts. Makes 4 or 5 servings.

MICROWAVE VERSION - Place cauliflower with 2 tbsp. water in casserole. Cover with glass lid or plastic wrap. Microwave on high 8 or 9 min. or until crispy tender. Add the other ingredients as described above.

Microwave 1½ to 2 min. or until cheese is melted.

Deana Genereux

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- EXTRA RECIPES -

MEAT, FISH & POULTRY

TIME CHART for MEAT, POULTRY and FISH

MEAT and POULTRY	TIME per lb.	OVEN Temperature
Beef, rare	18 to 20 mins.	300 - 350
medium	22 to 25 mins.	300 - 350
well done	27 to 30 mins.	300 - 350
Pork, fresh	35 to 45 mins.	300 - 350
cured, well done	20 to 35 mins.	300 - 350
Ham, smoked	25 to 30 mins.	300 - 350
Lamb	30 to 35 mins.	300 - 350
Veal	25 to 35 mins.	300
All rolled roasts	add 10 to 15 mins. per lb.	
Chicken	22 to 30 mins.	325 - 350
Duck	20 to 25 mins.	325 - 350
Goose	25 to 30 mins.	325 - 350
Turkey, large	20 to 25 mins.	275 - 300
Small	15 to 25 mins.	300 - 325
Fish	20 mins.	325 - 350

AMOUNT OF MEAT TO PURCHASE

TYPE OF MEAT	NO. of SERVINGS	CUT
1 lb.	4	Rolled roasts, flank steaks, liver, heart, kidney, brains, sweetbreads, sausage and most canned meats.
1 lb. (small amount of bone)	3	Round steak, ham slice, pot roast, rib steaks
1 lb. (large amount of bone)	2	Most steaks, shoulder steaks, shoulder cuts, short ribs, breast, plate, neck chops, brisket.

TO STEW MEAT

Beef	40 to 60 mins. /lb.	Veal	25 mins. /lb.
Lamb	20 mins. /lb.	Chicken	20 mins. /lb or more.

TO BROIL MEATS

Tender meats like beef steak and lamb chops, are good for broiling. Preheat broiler for about 10 minutes. Have meat at room temperature. Score edge about every inch to prevent it from curling. Cut off excess fat and use it to grease rack. Place meat in middle of rack. Place rack about 3" from the heating unit and leave oven door slightly open.* Broil the meat until the top side is well browned. Turn and broil second side until it is browned. Cook each side half the required time. Only one turning necessary. Season and serve on a hot platter.

Pan broiling: Heat a frying pan very hot and grease it by rubbing with a little fat. Sear meat on both sides, then cook more slowly until done. Season. Keep free from fat.

MEAT, FISH & POULTRY

GREEK MACARONI BEEF BAKE PASTITSIO

FILLING -

1 lb. ground beef
1 lb. bulk sausage
½ c. chopped onion
1 garlic clove, crushed
1-15 oz. can tomato sauce
1 tsp. salt
1 tsp. nutmeg
1/8 tsp. pepper
2½ c. macaroni, dry
6 tbsp. melted butter
4 slices fresh bread crumbs
2 c. Mozzarella cheese

CREAM SAUCE - ¼ c.butter
1/3 c. flour
1 tsp. salt
2 c. milk
3 egg yolks, beaten
1 c. parmesan cheese

In large skillet, cook beef, sausage, onion and garlic until meat is browned and onions are tender. Spoon off drippings, discard. Add next 4 ingredients. Simmer until most of the liquid is absorbed or evaporated about 5 min. Cook macaroni and drain. Toss with 4 tbsp. melted butter.

Pour 2 tbsp. melted butter into 12x8 baking dish. Sprinkle on bread crumbs and half the cheese. Spread half the macaroni over cheese. Spoon on meat mixture. Top with remaining macaroni and sprinkle on remaining cheese.

In sauce pan melt butter and stir in flour and salt until smooth. Gradually stir in milk and cook over med. heat, stirring constantly until thick and smooth. Gradually stir about ½ the hot sauce into egg yolks, then pour egg mixture all at once into remaining sauce, stirring constantly to keep from lumping. Cook about 1 min. or until thickened. Remove from heat, stir in parmesan cheese.

(continued)

Pour sauce over top of casserole and smooth with spoon. May be prepared to here and frozen. Bake 20 min. or until hot and bubbly in 350 degree oven. If frozen, cook at 350 degrees for 1½ hrs. Uncover for last 20 min.

Jill Topel Bold

BEEF & CHEESE PIE

1 lb. hamburger
¼ c. cracker crumbs
2/3 c. "Sego" milk
½ tsp. garlic salt
1/3 c. ketchup
2 tbsp. Parmesan cheese
¼ tsp. oregano
1 can sliced mushrooms
Small pkg. Mozzarella cheese
Small pkg. cheddar cheese

Mix meat, milk, crumbs and garlic salt. Pat firmly into 9" pie pan. Spread ketchup over it. Sprinkle with cheese, oregano and mushrooms. Bake 20 min. in 450 degree oven.

Beverly Phalen

PIZZA CON CARNE

½ c. milk
1 tsp. salt
1/8 tsp. instant minced garlic
2 c. cornflakes
1 lb. ground beef
1-6 oz. can tomato paste
1 c. (4 oz. pkg.) Mozzarella cheese, shredded
1-3 oz. can mushrooms
1 tsp. sugar
1 tsp. minced onion
½ tsp. basil
2 tsp. oregano
Grated Parmesan cheese

Mix milk, salt, garlic and cornflakes, into large bowl, beat well. Add ground beef, mix only until combined. Press mixture evenly in bottom and around sides of 9" pie pan to form meat pie shell. Set aside. Mix tomato paste, ½ c. of the mozzarella cheese, well drained mushrooms, sugar, onion, basil and oregano.

(continued)

Spoon into meat shell, spreading evenly. Sprinkle with remaining mozzarella cheese and desired quantity of parmesan cheese. Garnish with sliced olives and green pepper strips if desired.

(350 degrees for about 30 min. or until meat is done).

Cora Lee Welty

CHOPSTICK TUNA

1 can cream of mushroom soup	
¼ c. water	
1 can tuna, drained	½ c.cashew nuts
1 c. celery, chopped	1 can chow mein noodles
¼ c. chopped onions	

Mix ½ can noodles to rest of ingredients. Place in ungreased baking dish and sprinkle remaining noodles over top. Bake at 375 degrees for 20 min.

Deloris Pribyl

HUNGRY BOY CASSEROLE

2 lb. ground beef	1 can tomato soup
½ c. chopped onions	½ c. water
½ c. chopped green pepper	2 c. cooked frozen peas
1 clove garlic	1 recipe baking powder biscuits
Salt and pepper to taste	

Cook together ground beef, onion, pepper, garlic and salt and pepper. Stir in cooked peas. Spread some of meat mixture onto rolled out biscuit dough. Roll up and slice 1½" thick. Spread soup, water and rest of meat mixture into 9x13 pan. Top with biscuits and bake at 350 degrees until biscuits are done.

Wilma Welty

HEARTY BEEF STEW

2 lb. stew meat, cut in small pieces
1 pkg. frozen stew vegetables
1 pkg. (Schillings) beef stew seasoning
1 pkg. (Schillings) brown gravy mix
1-12 oz. jar brown gravy (Heinz)
¼ c. flour
4-6 potatoes, diced
4 carrots, cut
3 stalks celery, 1" pieces
1½ tsp. salt
2 c. water

Dredge meat with flour and brown on all sides, drain off excess fat drippings. Put this meat, stew seasoning, brown gravy mix and jar of brown gravy in a 6 qt. slow cooker, add water and stir well. Set on high for 2 hrs. Add the stew vegetables and potatoes, carrots and celery. Continue to cook on low for another 3 to 4 hrs.

Leona Godfrey

DEER JERKY

1 tbsp. salt
1 tsp. onion salt
1 tsp. garlic powder
½ tsp. liquid smoke
½ tsp. pepper
¼ c. soy sauce
3 Tbsp. Worcestershire sauce
3 tbsp. water
3 lb. thin sliced deer meat

Mix all ingredients well and soak meat overnight. Place on racks with toothpicks. Bake at 150 degrees for 3-4 hrs.

P. S. - Use half quantity of pepper if you don't care for hot jerky.

Penny Ament

CABBAGE ROLL UPS

1 med. head cabbage
1 c. chopped onion
2 lb. hamburger
¼ c. water
1 pkg. yeast
2 c. scalded milk
½ c. sugar
2 tsp. salt
2 eggs
2 c. flour
1/3 c. oil

Brown hamburger with chopped onion and salt also pepper. Shred your head of cabbage. Place in pan with small quantity of water and steam cabbage until tender. Combine hamburger and cabbage - set aside.

Mix ¼ c. water and 1 pkg. yeast. Combine and add to yeast mixture 2 c. scalded milk, ½ c. sugar, 2 tsp. salt and 2 eggs. Mix well. Add 2 c. flour and 1/3 c. oil. Mix. Add about 4-5 more c. flour.

Turn bowl over and let rise 5 min. Place into a greased bowl and cover with wet cloth. Raise dough until double.

Pinch off balls of dough and roll into a circle. Place 3 tbsp. of cabbage and meat mixture in centre of dough. Fold dough over and seal edges. Bake at 375 degrees for 20 min. on greased pan. These freeze and keep well.

Penny Ament

BEEF STEW 96 HR.)

1 - 2½ lb. can tomatoes
½ c. tapioca
2 tsp. salt and some pepper
2½ lb. stew meat
4 carrots, cut in pieces
3 potatoes, cut in pieces
1 can string beans and juice
5 stalks celery or cabbage
3 or 4 med. onions

Stir all together, cover and bake at 250 to 275 degrees for 6 hrs. Do not stir during cooking time.

Alma Hurd

CHICKEN SUPREME

1 chicken, boiled
1 small onion
¼ c. butter
6 c.bread crumbs, soft
3 stalks celery, diced

¼ tsp. baking powder
Dash of salt, pepper & sage
1 egg, beaten
1 c. milk

Boil chicken, remove meat from bones. Save broth. Saute 1 small onion in ¼ c. butter, add to 6 c. soft bread crumbs, 3 stalks celery, diced), ¼ tsp. baking powder. Add dash of salt, pepper and sage. Add 1 egg, beaten and 1 c. milk.

Put chicken in greased casserole. Add 1 c. broth, thicken to thin gravy. Put dressing on top of chicken and pour 1 c. broth on top. Bake at 350 degrees for 1 - 1½ hrs.

Alma Hurd

BAR B-Q-SAUCE

1 c. brown sugar
2/3 c. brown vinegar
1/3 c. orange juice
1 c. ketchup

1 tbsp. mustard
1 tbsp. Worcestershire sauce
1 tsp. chili powder
½ tsp. salt
½ tsp. pepper

Mix all ingredients together in a 2 qt. sauce pan and heat slowly. Let simmer for 15 min. and use over spareribs, wieners, chicken (so on).

Deloris M. Foley

BARBECUE SAUCE FOR RIBS

2 tbsp. butter
1 c. chopped onions
1 c. chopped celery
3/4 c. water
1 c. ketchup
2 tbsp. vinegar

2 tbsp. lemon juice
2 tbsp. Worcestershire sauce
2 tbsp. brown sugar
1 tsp. dry mustard
1 tsp. salt
½ tsp. pepper

(continued)

Melt butter, add onions and celery - cook until tender. Add rest of ingredients and simmer 15 min. Pour over ribs and bake in 350 degree oven for 1 hr.

Gerry Coryell

BARBECUE SAUCE

1 c. ketchup	2 tbsp. Worcestershire sauce
¼ c. water	1 tsp. chili powder (or more)
2 tbsp. vinegar	

Simmer until med. thick.

COLE SLAW - 1 med. head shredded cabbage
1 med. onion, shredded
1 tsp. vinegar
Salt to taste
Enough salad dressing to hold cabbage together

Bake pork roast and have ready for slicing. Dip large hamburger bun in sauce. Spread cole slaw, sliced roast pork; dip other side of bun in sauce. Serve at once.

Margaret Robertson

PIGS IN BLANKET

1½ lb. hamburger	Small chopped onion
½ lb. pork sausage	Pepper
½ c. rice, uncooked	Cabbage leaves
Garlic salt	Sauerkraut

Mix first 6 ingredients together. Make into small portion size loaves. Wrap in cabbage leaves and cook in sauerkraut juice until cabbage leaves are tender - about 1 hr. over med. heat. (or Microwave at full power for 30 min.).

Gloria Godfrey

CHOP SUEY

1½ lb. hamburger	2 tbsp. soy sauce
Med. onion, chopped	Salt and pepper
4 c. cooked rice (2 c. uncooked)	1 stalk celery, chopped
1½ c. milk	

Saute hamburger and onion on top of stove. Season hamburger with salt and pepper to your own taste. Add all the other ingredients and bake at 350 degrees for 1 hr.

This works really well in your Microwave. Change quantity of milk to 1 c. and cook on full power for approx. 20 min.

Serve with bottle of soy sauce at table for individual taste.

Gloria Godfrey

VIRGINIA CHOPS

Pork chops - enough for your family
Lemon, large onion
Brown sugar
Ketchup, water

Brown pork chops. Peel lemon and slice. Slice onion. Put slice of lemon and slice of onion on each chop. Sprinkle with brown sugar. Pour ketchup over each chop. Add a small glass of water and simmer about 2 hrs.

Microwave covered approx. ½ hr.

Gloria Godfrey

BROCCOLI RICE CASSEROLE

3/4 c. rice - Minute rice	1 can cream of mushroom soup
1 pkg. frozen chopped broccoli (cook as on pkg.)	½ c. grated cheese
1 small onion, chopped	
¼ c. butter, melted	

(continued)

Mix all together and put into casserole dish. Grate cheese on top and bake at 350 degrees for 20 min. or until bubbly.

Lil Foussard

HASH BROWN POTATO BAKE

½ c. chopped onion
1-10 oz. can celery soup
3 oz. pkg. cream cheese
4 c. frozen hash browns
½ c. cheese, shredded
1 lb. hamburger

Brown hamburger and onion in frying pan. Heat in a sauce pan the soup, cream cheese until melted together. Combine all ingredients except cheese in a casserole dish.

Bake at 350 degrees for 30-45 min. Grate cheese on top and bake for 5 min. longer.

Cindy Genereux

PERFECT CHILI

1 lb. hamburger
½ c. onions
1 - 1 lb. can tomatoes
1 - 8 oz. can tomato sauce
1 tsp. salt
1 - 1 lb. can dark red kidney beans, drained
2 tsp.mild chili powder

Cook hamburger in a 10" skillet, add onions and brown. After the hamburger is thoroughly cooked, add tomatoes and tomato sauce, salt and chili powder. Let simmer on low heat ½ hr. to 45 min. Add kidney beans, heat thoroughly then serve with fresh baked bread or crackers. Makes 4 servings.

Linda O'Loughlin

PICKLED FISH

Skin the fish and cut in 1" lengths. To each qt. jar add 5/8 c. salt. Cover with white cider vinegar. Let stand 4 to 6 days. Rinse off, let stand ½ hr. in cold water. Pack loosely in jars, add onion slices and fish in layers. Add 2 tsp. pickling spices to each jar.

Mix 1 qt. white vinegar with 2¼ c. sugar. Mix well. Pour over fish. Let stand 1 week before eating.

Clara Belschner

FORGOTTEN CHICKEN

1 - 10-3/4 oz. can cream of celery soup
1 - 10-3/4 oz. can cream of chicken soup
1-1/3 c. rice
1 c. milk
1 - 2½ - 3 lb. chicken, cut up
1 - 1-3/8 oz. pkg. dry Lipton onion soup mix

Preheat oven to 350 degrees F.

Combine soups, rice and milk in med. sauce pan. Heat until barely warm. Spoon into lightly greased 3 qt. casserole. Wash and pat dry chicken. Coat evenly with onion soup mix. Place over rice mixture in casserole. Cover.

Bake for 1½ hrs. or until done. Serves 6-8.

Ida Genereux

FORGOTTEN CHICKEN

2 c. Minute Rice	1 can water
1 can cream of celery soup	1 cut up frying chicken
1 can mushroom soup	1 pkg. onion soup mix

(continued)

Cover bottom of one buttered baking dish with 2 c. raw rice. Heat together celery and mushroom soups and 1 c. water, pour over rice and mix. Place cut up chicken over mixture and sprinkle onion soup mix over contents. Cover dish with foil.

Bake at 350 degrees for 2¼ hrs. Do not peek, it will brown.

Barbara Dixon

STEAK & KIDNEY PIE

1 lb. steak or good stew meat
½ lb. kidney (beef)
1 tbsp. seasoned flour
2 oz. drippings - good fat
3/4 pt. stock
8 oz. flaky pastry or short crust
Beaten egg or milk to glaze
1 small onion, chopped
may be added, if desired

Cut the steak and kidney into small squares. Toss both in the seasoned flour and fry them for 10 min. in pan with the melted dripping. Add the stock and simmer gently for 2 hrs. or until tender then put the meat into a pie dish and leave it to cool. Add more stock or water if meat mixture is too dry. Make the pastry and when meat is cool, cover the pie with the pastry. Brush the top with a little milk or beaten egg and bake the pie in a moderately hot 450 degree F. oven for 15 min. or until brown. Delicious hot or cold.

Peggy Murphy

SALAMI

2 to 2½ lb. hamburger
½ tsp. pepper
1/8 tsp. garlic salt and powder
4 tbsp. Morton's Tender Quick seasoning
¼ tsp. onion salt
1 tbsp. Liquid Smoke
1 c. water - put Liquid Smoke in water

Blend ingredients well and divide into 2 rolls. Wrap in foil twice around; fold in ends and refrigerate 24 hrs. or longer. Cover with cold water in a kettle and slowly bring to a boil. Boil about 1 hr. This is best hot, but good cold also.

Jessie O'Malley

HAMBURGER SALAMI

3 lb. hamburger
4 tsp. Liquid Smoke
1 tsp. pepper
1 tsp. mustard seed
Dash of garlic
1 tbsp. onion salt or dried onions
6 tbsp. Tender Quick
1 c. water

Mix above ingredients well and shape into roll about 2" in diameter. Wrap in foil and refrigerate for 24 hrs. Prick holes in foil and bake at 325 degrees for 1½ hrs.

Laura Sheehy

MEAT LOAF

2 eggs, 3/4 c. milk
2/3 c. fine dry bread crumbs
2 tbsp. chopped onion
3/4 tsp. salt
½ tsp. dried sage, crushed
Dash of pepper
1½ lb. ground beef, ¼ c. ketchup
2 tbsp. brown sugar
1 tsp. dry mustard
1 tsp. lemon juice

(continued)

In mixing bowl stir together eggs, milk, bread crumbs, onion, salt, sage then mix in meat and rest of the ingredients. Put into a 2 qt. casserole. Bake 45 min. at 350 degrees.

Catherine Brewer

HAO NAO BROWN KAO

1 lb. ground chuck
1 tbsp. vegetable oil
1 large onion, chopped,1 c.
3/4 c. diced celery
1-5 oz. can water chestnuts, drained and sliced
1 can condensed cream of mushroom soup
1 can condensed cream of chicken soup
1½ c. warm water
½ c. raw rice
¼ c. soy sauce, Pinch of pepper
1-3 oz. can Chinese noodles

First, shape the beef into a large patty and brown both sides in oil in a large skillet. Break it into small chunks. Add onions and celery and saute about 5 min. Add everything else except the noodles, mix it and spoon it into a good size casserole that has a lid. Bake it, covered, at 350 degrees for 30 min. then uncover and cook another 30 min. The last 10 min. top it with the noodles.

Barbara Dixon

ZUCCHINI CASSEROLE

8 oz. American cheese slices
3 c. fine rye bread crumbs (caraway rye)
4 tbsp. melted butter
4 c. sliced zucchini
1 onion, sliced
3 tomatoes, sliced
½ c. chopped green pepper
Salt and pepper

Layer in qt. casserole, zucchini, onion, tomatoes, pepper, cheese and crumbs (mixed with butter). Cover and bake at 350 degrees for 1 hr. or until vegetables are tender.

Big Sandy Activities

LAZY CABBAGE ROLLS

8 oz. hamburger
1 tsp. onion flakes
½ tsp. salt
¼ tsp. pepper
1 c. shredded cabbage
½ c. cooked rice
1 c. tomato juice
1 med. can tomatoes

Brown hamburger, add onions, cabbage, rice and spices - mix well. Put in 2 qt. casserole. Pour tomatoes and tomato juice on top and bake in 325 degree oven for 1½ hrs.

Gerry Coryell

ENCHILADA CASSEROLE

1½ lb. hamburger
1 large onion, chopped
1 can mushrooms or soup
1 pkg. chili seasoning mix
12 flour tortillas cut in 1" pieces
1 lb. sharp cheddar cheese, grated
1 c. milk

Brown hamburger and onion, add mushrooms or mushroom soup and chili seasoning mix. Layer meat mixture, tortillas and cheese in a 3 qt. casserole ending with cheese. Pour milk over the top.

Bake at 350 degrees for 20 to 30 min.

Rosie Pegar

SPAGHETTI SAUCE

1½ lb. hamburger
1 med. onion, chopped
1 - 10-3/4 oz. can tomato soup
1-8 oz. can tomato sauce
1-16 oz. can tomatoes
1-2 tsp. chili powder
½ tsp. garlic salt
1¼ tsp. oregano
2 bay leaves
Mushrooms, opt.

(continued)

Brown hamburger and onion. Add salt and pepper to taste. Add remaining ingredients; simmer 2 hrs. adding water if necessary.

This recipe freezes well.

Gin Edwards

BARBECUED SPARERIBS

4 lb. pork spareribs, cut up
1 lemon, thinly sliced
1 large onion, cut up
1½ c. water
1 c. ketchup
1/3 c. Worcestershire sauce
1 tsp. salt

Place ribs, meaty side down, in shallow roasting pan. Season with salt. Roast in very hot 450 degree F. oven for 30 min. Drain off excess fat. Turn ribs meaty side up. Top ribs with lemon and onion.

Reduce oven temp. to 350 degrees F. Continue roasting ribs for 30 min. Combine water, ketchup, Worcestershire sauce and salt. Bring to boil and pour over ribs. Continue roasting for 1 hr. basting ribs occasionally. If sauce gets too thick, add more water.

Adeline Pribyl

TUNA MACARONI BAKE

½ c. water
3/4 c. canned milk
3/4 tsp. dried mustard
1 tbsp. grated onion
1 c. macaroni, cooked
1½ c. grated American cheese
1-7 oz. can tuna

Cook the cup of dry macaroni until tender. Drain. Mix with other ingredients. Pour into a greased baking dish and bake until firm and light brown (35 to 45 min.) at 350 degrees F.

Jean Barsotti

SWEET AND SOUR SHRIMP

1 c. flour
1 tsp. salt
1 c. water
1 tbsp. oil
1 lb. shrimp, shelled, deveined
1 c. pineapple tidbits, drained
½ c. pineapple syrup
¼ c. water
1½ tbsp. oil
3 packed tbsp. brown sugar
1½ tsp. salt
¼ tsp. black pepper
2 tbsp. vinegar
1 tbsp. cornstarch
3 c. oil

In a med. bowl combine flour and salt. Mix in water and oil - let rest for 20 min.

In a small sauce pan, mix syrup, water, oil, sugar, salt, pepper, vinegar, cornstarch. Measure shrimp and pineapple. Turn oven to low heat and warm a serving dish lined with paper towel. Have handy a Chinese sieve or slotted spoon.

Heat 3 c. oil in wok or deep fryer until a drop of batter sizzles and rises to the surface. Mix shrimp into batter, scoop out one at a time and drop into oil. Drain when golden brown - 2-3 min. and keep warm in oven.

Simmer syrup mixture over med. heat, stirring, until it thickens and clears. Heat pineapple in syrup. Remove paper from serving dish, pour syrup and pineapple over shrimp and serve at once. Serve with boiled or fried rice.

Elizabeth Martin

BEER BATTER FRIED CHICKEN

1-3/4 c. sifted flour
1½ tsp. salt
½ tsp. pepper
1-12 oz. can beer
2 broiler-fryers - 2½ lb. each cut up
Vegetable oil

Combine flour, salt, pepper in med. bowl. Beat in beer with wire whisk or rotary beater until smooth. Let stand

(continued)

30 min. Pour enough oil in large skillet to make 1" depth. Heat to 375 degrees or until a cube of bread turns golden within 60 seconds.

Dip chicken into beer batter a few pieces at a time. Allow excess to drain back into bowl. Fry, turning once or twice for 30 min. Place on paper towels to drain. Keep warm in low oven until all chicken is fried. Garnish platter with parsley and serve with onion rings. Serves 8.

Deana Genereux

TAMALE PIE

1½ lb. ground beef
1 onion, chopped
1 clove garlic, chopped
1 tsp. salt
¼ tsp. pepper
1-10 oz. can enchilada sauce

6 soft corn tortillas
1-16 oz. can corn, drained
1 lb. cheese, grated (cheddar)
1-6 oz. can pitted olives, drained
2-16 oz. cans chili seasoned beans

Brown beef, onion, garlic in skillet. Pour off fat. Add salt, pepper. Place tortilla in bottom of crock pot. Add 1/3 of meat then sauce then cheese (1/3 of each). Top with another tortilla, then beans, cheese, corn, olives. Repeat layers until crock pot is full.

Cook on low 5 to 7 hrs.

Cindy Genereux

BROILED CRAB OPEN FACERS

1 - 7½ oz. can crab meat - drained and flaked
¼ c. mayonnaise
1-3 oz. cream cheese, softened
1 egg yolk
1 tsp. chopped onion
¼ tsp. mustard
Dash of salt

3 English muffins split & toasted
2 tbsp. butter or margarine

(continued)

Stir together crab meat and mayonnaise - set aside. Beat together cream cheese, egg yolk, onion, mustard and salt until smooth and creamy. Spread toasted muffin halves with butter or margarine, then with crab mixture. Top with cream cheese mixture. Place on baking sheet, broil 5 to 6" from heat for 2 to 3 min. until top is bubbly and golden.

Makes 3 servings.

Deana Genereux

SWEET-SOUR SHORT RIBS

2½ to 3 lb. short ribs, cut in individual servings.
Salt, pepper and flour
Lard
1 c. sliced onions, 1 clove garlic,sliced
1½ c. hot water - 1 small bay leaf
3 tbsp. brown sugar
1/3 c. ketchup, ¼ c. vinegar, ½ tsp. salt

Trim excess fat from meat. Season meat and roll in flour. Brown well in hot lard or shortening. Remove meat to Dutch oven or other heavy utensil. Brown onions and garlic lightly in hot shortening. Add to short ribs. Combine remaining ingredients, pour over short ribs. Cover and cook over low heat until tender - 2½ to 3 hrs. Remove meat. Pour off most of fat. Stir in 2 tbsp. flour and enough water to dilute to desired strength. Cook until thickened.

Serve ribs on buttered noodles,topped with sauce.
Serves 4.

Patsy Worsley

ZUCCHINI HAMBURGER CASSEROLE

(4 c. sliced zucchini, divided
4 med. zucchini)

1 tsp. salt
1 lb. ground beef
½ c. chopped onions
1 clove garlic, crushed
½ tsp. oregano
¼ tsp. pepper
2 c. cooked rice
1-8 oz. can tomato sauce
1 c. cottage cheese, divided or layered
1 egg
3/4 c. shredded sharp cheddar cheese

Toss zucchini and salt. Place half of it in greased 2 qt. casserole. In med. skillet saute beef, onion, garlic, oregano, pepper until meat is browned. Stir in rice and sauce, spread meat mixture over zucchini. Mix well cottage cheese and egg, ½ c. cheddar cheese. Spoon over meat mixture. Layer with remaining cheddar cheese.

Bake at 350 degrees for 25 min. or until bubbly. Yield - 6 servings.

Patsy Worsley

MEAT LOAF

2 lb. ground beef
1 med. chopped onion
1 c. ketchup
1¼ c. oatmeal
½ c. milk
2 eggs
1 tsp. salt
¼ tsp. pepper

Mix well. Form into 2 loaves and place in a 9x13 cake pan. Bake at 350 degrees for 55 min. or until nicely brown.

Rita Yirsa

PANSIT ORIENTAL DISH

4 pieces garlic
2 large onions, chopped
1 head cabbage, shredded med.
4 whole carrots, cut long way
4 celery sticks
½ stick shortening
1 tsp. salt - or to taste
4 tbsp. soy sauce
4 pieces chicken
½ lb. beef
½ lb. pork
2 tbsp. Accent

Boil meat in large kettle with about 10 c. water. Cut meat in pieces when done. Melt shortening in large fry pan and brown garlic and onion. Add all the meat. Next add vegetables and 1 c. meat juice, soy sauce and Accent. Cover tight and cook until vegetables are done.

Put all back into large kettle. Add rice, noodles and Ramen noodles on top of vegetables and cover tight. Cook for 10 min. then toss with two forks. Add more meat juice (or water) before adding noodles.

NOTE - Leftover meats such as roasts and baked chicken may be used just as well with this recipe.

Betty Moes

STUFFED PEPPERS

Enough peppers for size of family. Cut in half and clean out inside. Blanch the peppers for about 5 min. Take out and drain. Place peppers in casserole bowl. Stuff with ground roast beef or fried hamburger that has been moistened with gravy. Place half of gravy into bowl, add peppers and pour remaining gravy over peppers. Put ¼ c. water in bottom and cover casserole. Bake at 350 degrees for ½ hr. Serve.

Eileen Berlinger

BREADS, ROLLS & COOKIES

OVEN TEMPERATURE CHART

Slow	250 degrees - 325 degrees F.
Moderate	325 degrees - 375 degrees F.
Moderate Hot	375 degrees - 425 degrees F.
Hot	425 degrees - 450 degrees F.
Very Hot	450 degrees - 475 degrees F.

BREADS	Minutes	Temperature
Loaf	50 - 60	350 - 400
Rolls	20 - 30	400 - 450
Biscuits	12 - 15	400 - 450
Muffins	20 - 25	400 - 450
Popovers	30 - 40	425 - 450
Corn Bread	25 - 30	400 - 425
Nut Bread	50 - 75	350
Gingerbread	40 - 50	350 - 370

COOKIES		
Drop	10 - 15	350 - 400
Rolled	8 - 12	375 - 400
Ice Box	8 - 12	375 - 400
Molasses	10 - 15	350

PROPORTIONS FOR BATTERS AND DOUGHS

Pour Batter – To 1 cup liquid use 1 cup flour.
Drop Batter – To 1 cup liquid use 2 - 2½ cups flour.
Soft Dough – To 1 cup liquid use 3 - 3½ cups flour.
Stiff Dough – To 1 cup liquid use 4 cups flour.

PROPORTIONS

Biscuits – To 1 cup flour use 1¼ teaspoons Baking Powder
Muffins – To 1 cup flour use 1½ teaspoons Baking Powder
Popovers – To 1 cup flour use 1¼ teaspoons Baking Powder
Waffles – To 1 cup flour use 1¼ teaspoons Baking Powder
Cake with fat – To 1 cup flour use 1 teaspoon Baking Powder

FOR THE COOKY JAR

Cooky dough that is to be rolled is much easier to handle after it has been in a cold place 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle. In rolling, take out on a floured board, only as much dough as can be managed easily. Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and keep all trimmings for the last. Place pans or sheets in upper third of oven. Watch cookies carefully while baking to avoid burning edges. When sprinkling sugar on cookies, try putting it into a salt shaker. It saves time.

DARK BREAD

1 cake yeast
4 c. lukewarm water
½ c. molasses
1 tbsp. salt
½ c. melted shortening
2 c. white flour
6 c. whole wheat flour
½ c. sugar or honey

Dissolve yeast in ½ c. lukewarm water - let stand 15 min. Add 3½ c. lukewarm water, molasses, salt, sugar and shortening. Add enough flour to make a soft sponge - beat thoroughly (about 10 min.).

Add rest of flour - let rise until double in bulk. Knead down, let rise again. Shape into loaves or rolls and let rise again. Bake in med. oven (350) for 45 to 50 min. or until done.

Jessie O'Malley

CHOCOLATE ZUCCHINI BREAD

3 eggs
1 c. sugar
1 c. brown sugar
1 c. Wesson oil
1 tsp. vanilla
2 c. grated zucchini
3 c. flour
2 sq. unsweetened chocolate
1 tsp. salt
¼ tsp. baking powder
1 tsp. soda
1 c. chopped nuts

Beat eggs until fluffy. Add sugars, oil and vanilla. Mix well, but lightly. Add chocolate and zucchini. Stir in dry ingredients which have been sifted together. Bake at 325 degrees F. for 1 hr. in 9x5x3 loaf pan. Makes 2 loaves.

Ethel Kalanick

BANANA BREAD

½ c. butter
1 c. sugar
1½ c. mashed bananas
2 eggs, well beaten
2 c. sifted flour
1 tsp. soda
1 tsp. baking powder
½ tsp. salt
½ c. coarsely chopped walnuts, opt.

Cream butter and sugar. Add eggs and mix well. Sift dry ingredients together and add to first mixture alternately with mashed bananas. Add walnuts - if used. Pour into well greased pan and bake 1 hr. in 350 degree oven. Makes 1 loaf.

Loetta Welty

DEPRESSION BREAD

1 c. raisins - stewed in 2 c. cold water until 1 c. of liquid remains
1 c. stewed raisin water
1 c. sugar
2 tbsp. butter or margarine
2 tsp. cinnamon
1 tsp. nutmeg, 1 tsp. soda
1 tsp. salt, 2 c. flour

Cream sugar and butter, add raisins and water.

In a separate bowl combine flour, salt, soda, nutmeg and cinnamon. Fold into the raisin mixture, stir well. Place in a 9x5 loaf pan that has been greased.

Preheat oven to 350 degrees and bake for 50 min. to 1 hr. or until toothpick comes out clean. Let stand for 10 min. before trying to remove from pan. (In case anyone wonders why there aren't any eggs in this recipe - guess the chickens quit laying during the depression.)

Linda O'Loughlin

WHOLE WHEAT POTATO BREAD

6 c. hot water
2/3 c. cooking oil
2/3 c. honey
3 tbsp. salt
2 eggs
2/3 c. potato flakes
2/3 c. powdered milk
13 c. whole wheat flour, approx.
2 tbsp. yeast

Combine water, oil, honey, salt, eggs, potato flakes, powdered milk and 7 c. of the whole wheat flour, blend thoroughly. Add dry yeast and blend. Add 6 or 7 c. more of the whole wheat flour or until it leaves the side of the bowl. Knead for 10 min. Put in a greased bowl and let rise until double. Punch down, form into loaves and let rise for 20 min.

Bake at 400 degrees for 15 min. then at 350 for 30 min. Makes 4 loaves.

Valerie Bley

MOTHER'S BREAD RECIPE

3 tbsp. yeast
2 tbsp. sugar
6 c. warm water
1 c. sugar or
3/4 c. honey
1½ tbsp. salt
16 c. flour
1 c. oil or shortening

Mix and let set 10 min. the yeast, 2 tbsp. sugar and water. Mix in sugar, salt and 8 c. flour. Beat smooth. Add oil and mix in remaining flour. When dough is thick set on a floured board for 10 min. Knead until smooth. Let stand 1 hr. Punch down and let rise another hr. Divide dough into 6 pieces and shape into loaves. Let rise until double. Bake at 400 degrees for 10 min.then turn down the oven to 375 degrees and bake for 20 min. more.

Mary Gibbons

WHITE BREAD

5½ to 6½ c. flour	¼ c. soft margarine
2 pkg. dry yeast	2¼ c. very hot tap water
2 tbsp. sugar	
1 tbsp. salt	

Mix all dry ingredients with 2 c. of the flour. Add hot tap water and margarine - add remaining flour. Let rise and bake as any bread - makes 2 large loaves.

You may use 1 c. wheat flour for wheat bread instead of all white flour.

Leona Sorensen

MONTANA OATMEAL BREAD

2 pkg. active dry yeast	1/3 c. shortening
½ c. warm water	1 tbsp. salt
1¼ c. boiling water	5-3/4 to 6 c. flour
1 c.quick-cooking rolled oats	2 beaten eggs
½ c. molasses	

Soften yeast in the warm water. Combine boiling water, 1 c. rolled oats, molasses, shortening and salt, cool to lukewarm. Stir in 2 c. of the flour, beat well. Add the softened yeast and 2 beaten eggs, beat well. Stir in enough of the remaining flour to make a soft dough. Turn out and knead until smooth and elastic. Shape dough into a ball. Place in a greased bowl and let rise until double. Punch down. Divide dough in half and cover for 10 min. Coat 2 well greased bread pans with about 2 tbsp. of the rolled oats. Shape dough into 2 loaves and place in pans. Let rise again until double. Brush loaves with a little egg white and water mixture and sprinkle tops with rolled oats.

Bake at 375 degrees about 40 min. Makes 2 loaves.

Dorothy Trepina

CHUNK O'CHEESE BREAD

1-3/4 c. water
½ c. cornmeal
2 tsp. salt
½ c. molasses
2 tbsp. butter
1 pkg. yeast
½ c. warm water
5 c. sifted flour
3/4 lb. American cheese

Combine and cook until slightly thickened 1-3/4 c. water, cornmeal and salt. Add molasses and butter. Cook until lukewarm.

Soften yeast in ½ c. warm water. Add to lukewarm cornmeal mixture. Add flour gradually - knead 5 min. Let rise until double - about 1½ hrs. Cut up cheese into ¼ to ½" cubes. Work cheese into dough until evenly distributed. Divide into 2 parts. Place into 8 or 9" round pans lined with foil and well greased. Let rise until double.

Bake at 350 degrees for 45 to 55 min.

Cora Lee Welty

ZUCCHINI BREAD

3 eggs
1 c. oil
2 c. sugar
2 c. peeled, grated squash
2 tsp. vanilla
3 c. flour
1 tsp. salt
1 tsp. soda
3 tsp. cinnamon
¼ tsp. baking powder
1 c. nuts

Beat eggs until foamy - add next 4 ingredients. Mix well. Add dry ingredients - mix well again. Bake at 350 degrees for 1 hr. (or 15 min. more). Makes 2 loaves.

Barbara Ophus

PUMPKIN SPICE LOAF

2 pkg. dry yeast
1 c. warm water
½ c. brown sugar (generous)
2 c. pumpkin or 1 lb. can
2 eggs, beaten
½ c. instant dry milk

1 tsp. salt
1 tsp. cinnamon
1 tsp. ground ginger
1 tsp. nutmeg
3 c. flour
1 c. finely chopped nuts
1 c. raisins
About 5 more c. flour

Dissolve yeast in warm water and set aside. Stir pumpkin, sugar, eggs, dry milk, salt and spices together. Beat in yeast and 3 c. of flour, plus chopped nuts and raisins. Let rest a few min. before working in remainder of flour, enough to make soft dough. Knead until smooth and elastic on floured board, using more flour if needed. Cover and let rise in warm place about 1 hr.

Divide dough into 2 or 3 loaves according to size of your bread pans. Knead again and form into smooth loaves. Place in buttered pans. Cover and let rise for an hr. or until doubled in bulk. Bake at 350 degrees for about 45 min. or until lightly browned.

Mary Bold

BRAN MUFFINS

3 c. sugar
1 c. Crisco oil
4 eggs
5 tsp. baking soda
1 tsp. salt
1 qt. buttermilk

4 c. All Bran cereal
4 c. Nabisco 100% bran
2 c. hot water
5 c. flour, sifted

Using a large bowl, add sugar, oil, eggs, soda, salt and buttermilk mixing well.

(continued)

2nd bowl - All Bran, Nabisco 100% cereal and hot water. Let this stand for 10 min. After the 10 min. add cereal mixture to first ingredients, mix well and add flour last. Grease muffin pans and bake 25-30 min. at 350 degrees F. This batter will keep in fridge for 4 weeks.

Deloris M. Foley

SWEET MUFFINS

1 egg
½ c. milk
¼ c. salad oil
1½ c. all purpose flour
½ c. sugar
2 tsp. baking powder
½ tsp. salt

Heat oven to 400 degrees F. Grease bottoms of 12 med. muffin cups (2-3/4" in diameter). Beat egg, stir in milk and oil. Mix in remaining ingredients, just until flour is moistened. Batter should be lumpy.

Fill muffin cups 2/3 full. Bake 20-25 min. or until golden brown. Immediately remove from pan. Yield 12 muffins.

Lil Foussard

THREE MONTH MUFFINS

1 c. oatmeal
2 c. shredded wheat
2 c. All Bran cereal
1 c. boiling water
1 c. salad oil
2¼ c. brown sugar, packed
1 qt. buttermilk
4 eggs
5 tsp. soda
1 tbsp. salt
5 c. flour

Keep in fridge and take out just what you want to bake at a time.

Combine oatmeal, shredded wheat and bran. Pour on boiling water. Add remaining ingredients and mix well.

(continued)

Cover and keep in fridge. Will keep up to 3 months. Preheat oven to 400 degrees and bake 20 min.

Darla Robertson

SOUR DOUGH MUFFINS

1 c. shortening	2 c. All Bran buds
2½ c. sugar	4 eggs
1 qt. buttermilk	5 tsp. soda
5 c. flour	1 tsp. salt
4 c. All Bran	

Pour 2 c. boiling water over All Bran, then add to rest of the ingredients. Keep in fridge and use as wanted. May add dates or raisins. This will keep a month or longer in fridge.

Bake as you desire at 400 degrees for 20 min.

Margaret Grubb

GRANDMA'S DOUGHNUTS

1 c. buttermilk or sour milk	
1 c. sugar	4 c. flour
2 eggs	4 tbsp. melted shortening
1 tsp. salt	½ tsp. nutmeg
1 tsp. soda	1 tsp. vanilla
3/4 tsp. baking powder	

Beat eggs light - slowly adding sugar. Sift dry ingredients and add alternately with the milk. Add vanilla and shortening. Dough will be thick. Put on floured board and roll about ½" thick. Cut with doughnut cutter. Heat about 2 lb. lard until hot - 380 degrees F. Fry until brown and turn. Drain on paper towels.

Ella Osterman

LEFSE

3 c. mashed potatoes
½ c. lard
1 tbsp. sugar
1 tsp. salt
½ tsp. baking powder
1½ c. flour

Prepare 3 c. instant potatoes, cool. Cut lard into cool potatoes. Add other ingredients and knead. Roll very thin and bake until browned, at 450 degrees on electric grill. Turn and brown other side.

Big Sandy Activities

OVERNIGHT BUNS

Begin at 3 or 4 o'clock p.m. Dissolve 1 pkg. dry yeast in 1 c. warm water. Measure in large mixing bowl the following and stir -

4 c. flour - about 12 c. in recipe
1 c. sugar
1 tbsp. salt
1 c. dry powdered milk

Add to dry ingredients and beat with mixer all together the following -

½ c. shortening
3 c. hot water,dissolved yeast
add 2 eggs

Beat in enough flour to make a stiff batter then knead in rest of flour. Cover with plastic wrap and knead every hr. until 9 p.m. Make into buns or cinnamon rolls. Cover with plastic wrap and towel. Let set on counter all night.

Bake at 350 degrees in morning for 15 or 20 min.

Hazel Balazic

MOLASSES SUGAR COOKIES

3/4 c. Crisco
1 c. sugar
¼ c. molasses
1 egg
2 tsp. baking soda
2 c. sifted flour

½ tsp. cloves
½ tsp. ginger
1 tsp. cinnamon
½ tsp. salt

Melt shortening in a 3 or 4 qt. sauce pan over low heat. Remove from heat and let cool. Add sugar, molasses and egg. Beat well. Sift together flour, soda, cloves, ginger, cinnamon and salt. Add to first mixture. Mix well and chill thoroughly. Form into 1" balls, roll in granulated sugar and place on greased cookie sheet 2" apart. Bake in moderately hot 375 degree F. oven for 8 to 10 min.

Ethel Kalanick

DATE-FILLED COOKIES

1 c. dates, chopped
½ c. sugar
2 tbsp. flour
1 c. water
½ c. nuts, chopped
½ c. shortening

2 eggs
½ c. warm water
2 c. brown sugar
2 tsp. vanilla
4 c. flour
2 tsp. baking powder
1-1/3 tsp. baking soda
Dash of salt

FILLING - Cook dates, ½ c. sugar, 2 tbsp. flour, 1 c. water and nuts until thick. Cool (may be chilled overnight).

COOKIE - Mix together shortening, eggs, ½ c. warm water, 2 c. brown sugar, vanilla, 4 c. flour, baking powder,baking soda and salt. Chill.

Roll out and cut with a small cookie cutter. Put spoonful of filling on and top with 2nd cookie. Bake at 350 for 10 min.

Gin Edwards

CHOCOLATE SANDWICH COOKIES

½ c. butter or margarine	½ tsp. baking powder
1 c. white sugar	1½ tsp. baking soda
1 egg	½ tsp. salt
1 tsp. vanilla	½ c. dry cocoa
1 c. milk	
2 c. flour	

FILLING - ¼ c. Crisco
1½ c. powdered sugar
1 c. marshmallow cream
1 tsp. vanilla, 3 or 4 tsp. milk

Cream butter and sugar, blend in 1 egg and 1 tsp. vanilla. Sift together 2 c. flour, ½ tsp. baking powder, 1½ tsp. baking soda, ½ tsp. salt and ½ c. dry cocoa.

Beat dry ingredients alternately with 1 c. milk into mixture. Chill dough well. Drop by large tsp. on greased pan. Bake about 7 to 10 min. at 400 degrees F.

Cool and fill with filling, putting two cookies together.

Dorothy Trepina

SUGAR COOKIES

1 c. sugar	1 tsp. baking powder
1 c. powdered sugar	1 tsp. soda
1 c. margarine	1 tsp. cream of tartar
1 c. cooking oil	1 tsp. lemon juice
2 eggs	
4½ c. flour	

Combine first 4 ingredients. Beat well. Add eggs, beat well. Add remaining ingredients. Mix well. Drop small balls on cooking sheet. Flatten with buttered bottom of glass, dipped in sugar. Bake 10-12 min. in 375 degree oven.

Pam Bold

RAISIN DROP COOKIES

1 c. currants or raisins
1 c. water, 1 tsp. soda
2 c. sugar
1 c. margarine
3 eggs, beaten
1 tsp. vanilla
4 c. flour, sifted
1 tsp. cinnamon
1 tsp. baking powder
¼ tsp. nutmeg
½ tsp. salt
½ c. nuts, ground

To 1 c. water add raisins - boil 5 min. Cool then stir in 1 tsp.baking soda, while still hot. Cool completely.

Cream sugar, margarine, eggs and vanilla thoroughly. Add cooled raisins. Add dry ingredients of flour, cinnamon, baking powder, nutmeg and salt. Stir in nut meats.

Bake in 350 degree oven (moderate) 10-12 min. Makes many child pleaser cookies.

Marianne Brewer

WASHBOARD COOKIES

1 c. butter or margarine
1 c. white sugar
2 well beaten eggs
1 c. coconut
2 c. flour
1 tsp. soda
½ tsp. baking powder
2 tbsp. molasses
2 c. oatmeal
1 c. nuts

Cream sugar and shortening - add well beaten eggs and molasses - add coconut. Sift dry ingredients together - add that and oatmeal with first mixture. Add nuts.

Chill several hrs. or overnight in fridge. Make walnut-sized balls or a bit larger. Flatten with a sharp fork.

Bake 10 to 12 min. in 350 degree oven.

Margaret Beaudette

TURTLE COOKIES

- ½ c. melted butter or margarine
- 6 tbsp. cocoa
- 2 beaten eggs
- 3/4 c. sugar - granulated
- 1 c. flour
- ½ tsp. vanilla

FROSTING - 1 sq. chocolate
½ c. brown sugar
¼ c. water
2½ tbsp. butter or margarine
1 tsp. vanilla
1½ c. powdered sugar

Add sugar to the beaten eggs. Sift dry ingredients. Add the dry ingredients, melted butter and vanilla to the egg mixture. Drop on waffle iron, set at hottest temp. for 1 min. Frost with frosting.

Boil the water, chocolate, brown sugar and butter for 3 min. Add vanilla, powdered sugar and nuts, if desired.

Myrna Dixon

RANGER COOKIES

- 1 c. margarine
- 1 c. white sugar
- 1 c. brown sugar
- 2 eggs, beaten
- 1 tsp. vanilla
- 2 c. flour
- 1 tsp. soda
- ½ tsp. baking powder
- ½ tsp. salt
- 2 c. quick oats
- 2 c. Rice Krispies
- 1 c, coconut

Cream sugars and margarine. Add eggs and vanilla, Beat. Sift dry ingredients and add to creamed mixture. Fold in Rice Krispies, oats and coconut. Drop on cookie sheet. Bake at 350 degrees for 10 min. Makes good bar cookie. Spread in 11x16 flat cake pan. Bake at 350 degrees for 20-25 min.

Leah Dixon

FUDGE BALL COOKIES

1½ c. flour
1 c. sugar
½ tsp. salt
3/4 c. soft shortening
2 oz.chocolate - melted
1½ c. oatmeal
1 tsp. vanilla
Nuts, finely chopped, opt.

Beat all ingredients together but oatmeal. Stir in oatmeal, form into balls and roll in the chopped nuts, if desired.

Bake on ungreased cookie sheets, at 350 degrees for 12-15 min.

Beverly Faber

PEANUT BUTTER WHEAT GERM COOKIES

2 c. unsifted all purpose flour
1 c. regular wheat germ
3/4 tsp. soda
½ tsp.salt
1½ c. peanut butter
¼ c. cooking oil
1 c. firmly packed brown sugar
1 egg
3/4 c. milk

Combine flour, wheat germ, soda and salt. Beat peanut butter with oil, add sugar and egg - beat well. Add milk and dry ingredients to peanut butter mixture, mix well. Shape into 1" balls - place on ungreased baking sheet. Flatten balls with fork dipped in flour, making criss-cross marks on top.

Bake in 350 degree oven for 10-13 min. Yield 5 doz. cookies.

Jewell Bahnmiller

FROSTED COFFEE COOKIES

½ c. shortening
1 c. brown sugar
1 egg, unbeaten
½ c. hot coffee
¼ c. chopped nuts
1½ c. sifted flour
½ tsp. baking powder
½ tsp.soda
½ tsp. cinnamon
½ c. raisins

(continued)

Blend shortening thoroughly with sugar and egg. Add hot coffee and stir well. Sift dry ingredients together. Combine with the above. Add raisins and nuts. Pour batter into shallow pan and spread evenly ¼" thick.

Bake in moderate 350 degree oven for 10-15 min. Frost with icing made of -

1 c. powdered sugar	A little water or coffee
1 tbsp. melted margarine	

Cut into squares.

Lorna Springer

OATMEAL COOKIES

4 eggs	2 tsp. cinnamon
1¼ c. softened butter	1 tsp.ground cloves
1 tsp.vanilla flavouring	2 tsp. salt
3 c. sugar	1 tsp. baking powder
4 c. oatmeal	2 tsp. baking soda
4 c. flour	2 c. raisins in 2 c. water

Mix first 4 ingredients into large bowl. In second bowl mix next 7 ingredients. Bring raisins and water to boil. Save 1 c. of liquid when draining raisins. Add flour mixture to egg mixture while raisins are cooling. Add cooled raisins and water from the raisins to the rest of mixture. Preheat oven to 400 degrees F. Place cookies on greased cookie sheet. Use whatever size measure for the size of cookie you want. A tbsp. should provide a normal bite-size. Bake for 18 min.

Sharon Berlinger

COFFEE DUNKERS

8 eggs	Flour, enough to knead into smooth ball
3 c. sugar	
1 tsp. cinnamon	
½ tsp. nutmeg	
¼ tsp. cloves	

Break eggs in large mixer bowl. Beat on high until light and fluffy, slowly adding the sugar (10 to 15 min.). Add spices and flour - work into smooth ball. Form into rolls and flatten rolls to an inch and cut into ½" slices laying cut side down on greased cookie sheets. Dip knuckles into sugar and press into cookies and bake in 350 or 375 degree oven about 20 min. or until light brown.

Ella Osterman

CORNFLAKE COOKIES

2 c. flour	1 c. brown sugar
1 tsp. baking soda	2 eggs
½ tsp. salt	1 tsp. vanilla
½ tsp. baking powder	2 c. coconut
1¼ c. shortening	2 c. cornflakes
1 c. sugar	

Cream together shortening and sugars, add eggs and vanilla. Add remaining ingredients and mix well. Bake at 350 degrees for 8-10 min.

Rose Darlington

CAKE
&
PASTRY

OVEN TEMPERATURE CHART

Slow	250 degrees - 325 degrees F.
Moderate	325 degrees - 375 degrees F.
Moderate Hot	375 degrees - 425 degrees F.
Hot	425 degrees - 450 degrees F.
Very Hot	450 degrees - 475 degrees F.

TEMPERATURES FOR BAKING FLOUR MIXTURES

FOOD	TEMPERATURE	TIME (Minutes)
Butter Cake, loaf	360 - 400 degrees	40 - 60
Butter Cake, layer	380 - 400 degrees	20 - 40
Cake, angel	300 - 360 degrees	50 - 60
Cake, sponge	300 - 350 degrees	40 - 60
Cake, fruit	275 - 325 degrees	3 - 4 hours
Cookies, thin	380 - 390 degrees	10 - 12
Cookies, molasses	350 - 375 degrees	18 - 20
Cream Puffs	300 - 350 degrees	45 - 60
Meringues	250 - 300 degrees	40 - 60
Pie Crust	400 - 500 degrees	20 - 40
CAKES		
Angel	325 degrees	60
Sponge	325 degrees	60
Cup	350 degrees	25
Layer	375 degrees	25 - 30
Loaf	350 degrees	45 - 60
Sheet	375 degrees	20 - 30
Pound	325 degrees	60 - 90
PIES		
Pumpkin	400 degrees	35 - 45
Two-crust	400 degrees	25 - 40
Shells	450 degrees	10 - 12
Meringue	300 degrees	10 - 15

RULES FOR USE OF LEAVENING AGENTS

1. To 1 tsp. soda use 2¼ tsp. cream of tartar, or 2 cups freshly soured milk, or 1 cup molasses.

2. In simple flour mixtures, use 2 tsp. baking powder to leaven 1 cup flour. Reduce this amount ½ tsp. for each egg used.

3. To substitute soda and an acid for baking powder, divide the amount of baking powder by 4. Take that as your measure of soda and add the acid according to rule 1 above.

MUD CAKE

1 c. margarine
2 c. sugar
2 tbsp. cocoa
4 eggs
1 tsp. vanilla
1½ c. flour

Topping - 1 box powdered sugar
½ c. cocoa
½ c. margarine
1 tsp. vanilla
½ c. canned milk

Cream together margarine, sugar and cocoa. Mix in eggs, vanilla and flour. Bake at 350 degrees for 30 min. in 9x12 pan. Cool and pour jar of marshmallow cream over top. Let set and cover with topping.

Amy Dixon

APPLE SAUCE CAKE

1-3/4 c. cake flour
1 c. raisins
1 c. currants, nutmeats, or dates
½ tsp. salt
1 tsp. baking soda
1 tsp. cinnamon
½ tsp. cloves
½ c. butter
1 c. white or packed brown sugar
1 egg
1 c. thick slightly sweetened applesauce

Sift before measuring - 1-3/4 c. cake flour, sift a little of the flour over riasins, currants, nutmeats or dates. Resift the remainder with salt and baking soda, cinnamon and cloves.

Cream butter until soft, beat in egg. Stir the flour mixture gradually into the butter mixture until the batter is smooth. Add the raisins, nutmeats and 1 c. applesauce. Stir it into the batter. Bake in greased tube pan 50-60 min. in 9" tube pan. Frost with Caramel Icing.

(continued)

CARAMEL ICING

2 c. brown sugar
1 c. cream or ½ c. butter plus ½ c. milk
3 tbsp. butter
1 tsp. vanilla
Chopped nuts, opt.

Combine sugar and cream until dissolved. Cover and cook about 3 min. or until the steam has washed down any crystals that may have formed on the sides of the pan. Uncover and cook without stirring to 238 to 240 degrees. Add butter and remove the icing from heat and cool to 110 degrees. Add vanilla and beat icing until thick and creamy. If it becomes too heavy thin it with a little cream.

Father Robert Rekofke

COFFEE CAKE

2 c. flour
1 c. sugar, granulated
1 c. brown sugar
½ c. butter or margarine
1 tsp. soda
½ tsp. salt
1 c. buttermilk
1 egg
½ tsp. vanilla
6 Heath bars, chopped
½ c. pecans or walnuts, chopped

In a bowl place flour, white and brown sugars and cut in the butter with a pastry blender. Remove ½ c. of this mixture for topping and set aside.

To the remainder of the above mixture add soda, salt, egg and vanilla. Beat until blended. Pour into a greased 9x13 pan. Combine reserved topping mixture with chopped Heath bars and chopped nuts. Sprinkle over top.

Bake in hot 350 degree F. oven for 30-35 min.

Rita Yirsa

JELLY ROLL

3/4 c. cake flour - Swan's Down or Soft as Silk
3/4 tsp. baking powder
¼ tsp. salt, 4 eggs
3/4 c. sugar
1 tsp. vanilla

Sift flour once then measure. Add baking powder and salt into wee bowl, sift again. Beat eggs in small bowl, adding sugar gradually. Beat this mixture until fluffy and thick, about 5 min.

Pour into large bowl carefully. Gradually add flour mixture and vanilla. Bake on a cookie sheet (10½x15½) lined with foil, for 13 min. at 400 degrees. When done, place upside down on cloth sprinkled lightly with powdered sugar. Quickly remove tinfoil and trim edges of cake. Spread jelly on top and roll. Sprinkle with powdered sugar. Let stand for 15 min. then serve.

Eileen Berlinger

BETTY'S CAKE

3 c. flour
2 c. sugar
1 c. butter or margarine

Save 1 c. for topping. Mix in -

2 tsp. soda
1 tsp. nutmeg
1 tsp. cloves
1 tsp. cinnamon

Add - 2 c. sour cream or buttermilk
1 c. raisins
1 c. ground nuts

Pour into 9x13x2 pan that has been greased and floured. Bake 45 min. at 350 degrees AFTER sprinkling on topping.

Betty Moes

ANGEL FOOD CAKE

1¼ c. Swan's Down Cake Flour
½ c. sugar
1½ c. (about 12) egg whites, room temp.
1¼ tsp. cream of tartar
¼ tsp. salt
1 tsp. vanilla
¼ tsp. almond extract
1-1/3 c. sugar

Measure flour and add ½ c. sugar and sift 4 times. Combine egg whites, cream of tartar, salt and flavourings in large bowl. Beat at high speed until soft peaks form. Sprinkle in rest of sugar in 4 additions, beating until blended after each addition. Sift in flour mixture in 4 additions, folding in with large spoon, turn bowl often.

Pour into ungreased 10" tube pan. Bake at 375 degrees for 35-40 min. Cool cake upside down on cake rack. Loosen from sides of pan and remove.

Eileen Berlinger

POUND CAKE

2¼ c. cake flour (Swans)
2 tsp. baking powder
½ tsp. mace
¼ tsp. salt
1 c. sugar
½ c. soft butter
½ c. milk
1½ tsp. vanilla
6 egg yolks

Sift dry ingredients together. Add butter, milk and vanilla. Beat 2 min. and add yolks. Bake at 350 degrees for 1 hr. Sprinkle with powdered sugar.

Kathleen Berlinger

LEMON CAKE

1 pkg. lemon cake mix - Duncan Hines
1 pkg. instant lemon Jello pudding
4 eggs
1/3 c. Wesson oil
1 c. water plus 2 tbsp. water

Bake as per directions on cake mix pkg. After cake is baked take out of oven and make holes all over. Take 1-6 oz. can condensed lemonade and 2 c. powdered sugar. Mix and pour over cake. Place in oven for about 5 min. Remove and let cool.

Alice Green
Courtesy Anna Mae Laulo

POTATO CARAMEL CAKE

2 c. sugar
3/4 c. shortening
3 eggs
1 c. mashed potatoes
3 tbsp. cocoa
2 tsp. baking powder
3/4 tsp. cinnamon
½ tsp. cloves
½ tsp. allspice
Pinch of salt
½ c. milk
2 c. flour - reg.
1 c. nuts

Grease and flour 9x13 pan.

Cream sugar and shortening - beat in eggs thoroughly. Add mashed potatoes. Sift cocoa, baking powder, spices and salt with flour. Alternate dry ingredients with milk into above mixture. Add nuts.

Bake 40 to 50 min. in 350 degree oven or until done.

Florence Beaudette

PISTACHIO CAKE

1 box white cake mix
1-4 oz. pkg. instant pistachio pudding
½ c. nuts, 1 c. oil
3 eggs
1 c. Club Soda

Mix all together and bake at 350 degrees for 45 min. Cool.

FROSTING - 9 oz. Cool Whip
1 small pkg. (4 oz.) pistachio pudding
1 c. milk

Dissolve pudding in milk. Stir in Cool Whip and beat until thick. Frost cake and refrigerate.

Terry Berlinger

MAYONNAISE SPICE CAKE

1 c. raisins
1 c. chopped nuts
1 tsp. soda
1 c. hot water
1 c. mayonnaise
1 c. sugar
1 tsp. vanilla
1 tsp. cloves
1 tsp. cinnamon
2 c. flour

Combine raisins, nuts, soda and hot water - soak for 10 min. Stir together mayonnaise, sugar, vanilla, cloves and cinnamon. Fold in flour alternately with the hot water mixture.

Bake in a greased 9" square pan for 35-40 min. at 350 degrees.

Beverly Faber

CREAM PUFFS

4 eggs
1 c. boiling water
1 c. flour
½ c. butter or substitute
½ tsp. salt

(continued)

Combine butter, salt and water. Heat to boiling. Sift flour and measure. Add to boiling mixture. Beat vigorously until mixture leaves sides of sauce pan and does not cling to spoon. Remove from heat. Cool slightly. Add unbeaten eggs, one at a time. Beat thoroughly after each egg until mixture is smooth.

Drop by tablespoonfuls into well oiled baking sheet 2" apart. Bake in hot 400 degree oven for 30 min. Reduce to 350 degrees. Continue baking 10 min. or until firm and dry. Remove from oven. Cool. Cut slit in side, insert filling. Sprinkle with powdered sugar.

Mary Ann Velk

BUTTERMILK CHOCOLATE CAKE

2 c. flour
2 c. sugar
½ tsp. baking powder
1 tsp. soda
1 tsp. salt
2 eggs

½ c. shortening
1 c. water
1 tsp. vanilla
3 sq. chocolate
2/3 c. buttermilk

Heat oven to 350 degrees. Grease and flour pan. Mix sugar, eggs, shortening, add water. Add dry ingredients, then buttermilk and chocolate. May add nuts, if desired.

Catherine Brewer

FRUIT CAKE

2½ c. sifted flour
1 tsp. baking soda
2 eggs, lightly beaten
1 jar ready-to-use mincemeat

1 c. Bordens Eagle Brand sweetened condensed milk (15 oz. can)
1 c. walnut meats, coarsely chopped
2 c. (1 - 1 lb. jar) mixed candied fruit

(continued)

Butter a 9" tube pan or spring form pan. Line with waxed paper. Butter again. Sift flour and baking soda. Combine eggs,mincemeat, Eagle Brand, fruit and nuts. Fold in dry ingredients. Pour into pan.

Bake in slow 300 degree F. oven for 2 hrs. until centre springs back and top is golden brown. Decorate if desired.

Rose Mary Witschen

POPPY SEED CAKE

1 c. butter or Oleo
1½ c. sugar
4 egg yolks
2½ c. flour
1 tsp. soda
1 tsp. baking powder
½ tsp. salt
1 c. buttermilk
2 oz. pkg. poppy seed
½ tsp.almond flavouring
4 egg whites

Topping - ½ c. sugar and 1 tsp. cinnamon.

Soak poppy seeds, extract and buttermilk 1 hr. or more. Cream butter and sugar, add egg yolks - beat well. Sift dry ingredients then add alternately with buttermilk mixture. Beat egg whites, fold in batter. Pour ½ the batter into greased bundt pan. Mix sugar and cinnamon and sprinkle ½ on batter. Add the other ½ of batter and sprinkle the rest of the sugar and cinnamon on top. Bake at 350 degrees for 1 hr.

Hazel Balazic

APPLE STRUDEL

3/4 c. tepid water
1 tbsp. shortening
1 tbsp. sugar
¼ tsp. salt
1½ c. flour
1 egg
8 apples
5 tbsp. graham cracker crumbs
½ c. sugar
½ tsp. cinnamon
5 tbsp. melted shortening

(continued)

Place the tepid water, shortening, sugar, salt, egg (add flour gradually) in a bowl. Mix and knead thoroughly. Add flour if necessary. Too heavy of a dough will not stretch paper thin. Cover the bowl and place in a pan of tepid water for about 1 hr.

In the meantime peel and slice apples. After the dough has rested for 1 hr. dust a table or board with flour and stretch the dough paper thin. At first you may roll it but in the end stretch it. Cut off thick edges. Spread melted butter over it. Spread filling over half of it, using ingredients in the following order -

sliced apples, sprinkle of graham cracker crumbs,
sugar and cinnamon.

Place the other half of the dough over the top of the apples and roll up the strudel like a jelly roll. Place in a buttered baking dish, brush butter over the top of the strudel and bake 1 hr. at 350 degrees F. When it is half baked brush the top with cream or milk. When cool cut into slices, dust with powdered sugar and serve.

Adeline Pribyl

SERVICE BERRY & APPLE TORTE

4 c. service berries
4 c. sliced apples
3 eggs

2½ - 3 c. sugar
¼ c. Sego or cream
1/3 c. flour

Crust - 1-3/4 c.flour
½ tsp. salt

½ tsp. baking powder
1/3 c. sugar

Mix crust ingredients and press into jelly roll pan. Beat egg yolks,sugar and Sego, add berries and apples. Pour into crust.

Bake at 375 degrees for ½ - 3/4 hr. Make meringue from egg whites, 6 tbsp. sugar and 1 tsp. vanilla. Spread on torte and return to 400 degree oven until brown.

Connie Green

MEXICAN CHOCOLATE CAKE

½ c. margarine
½ c. vegetable oil
2 sq. unsweetened chocolate or
4 tbsp. cocoa
1 c. water
2 c. unsifted flour
1 tsp. soda
2 c. sugar
½ c. sour milk (½ tsp.vinegar in sweet milk)
2 eggs, beaten
1 tsp. cinnamon
1 tsp. vanilla

Combine margarine, oil, chocolate, and water in pan. Heat until chocolate melts. Combine flour, soda, sugar, milk, eggs, cinnamon and vanilla in large bowl. Combine with first mixture. Pour into greased 12x18 pan.

Bake at 350 degrees for 20-25 min. Five min. before done, prepare frosting.

FROSTING - ½ c. margarine
2 sq. unsweetened chocolate
6 tbsp.milk
1 lb. powdered sugar - approx. 4 c.
1 tsp. vanilla
½ c. nuts, opt.

Combine margarine, chocolate and milk in pan. Heat until bubbles form around edge. Remove from heat. Add sugar, vanilla and nuts. Beat until spreadable. Frost cake while warm. (Mexican Chocolate Frosting).

Jill Topel Bold

CRUMB CAKE

Mix together with pastry cutter -

3 c. flour
2 c. sugar
1 c. margarine

Save ½ c. crumbs for top. Add -

2 tsp.soda
1 tsp. nutmeg
1 tsp. cloves
1 tsp. cinnamon
2 c. buttermilk
1 c. raisins
1 c. nuts, chopped

(continued)

Stir until well blended. Pour into greased 9x13 pan. Sprinkle crumbs on top. Bake at 350 degrees for 45 min.

Margaret Robertson

ZUCCHINI BUNDT CAKE

3/4 c. margarine
2 c. sugar
3 eggs
2 tsp. vanilla
2½ c. flour
½ c. cocoa
2½ tsp. baking powder
1½ tsp. soda
1 tsp. salt
2 c. grated zucchini
1½ c. milk
½ c. chopped walnuts
2 tsp. grated orange rind

Preheat oven to 350 degrees.

Mix margarine and sugar well, add eggs and vanilla, stir. Mix together dry ingredients, gradually add dry ingredients to creamed ingredients. Stir in zucchini and milk. Add chopped nuts and grated orange rind. Pour in Bundt cake pan and bake for 1 hr. Frost with Glaze.

WHITE SUGAR GLAZE -

1-1/3 c. confectioner's sugar
1 egg white
¼ tsp. vanilla extract

Beat egg whites until frothy. Gradually add sugar to egg white, beating until smooth. Add enough additional sugar to make a stiff glaze. Blend in vanilla.

Leona Godfrey

UNCOOKED FRUIT CAKE

1 c. Sego milk
6 tbsp. orange juice
32 marshmallows
8 oz. (96) graham crackers
1½ tsp. cinnamon
½ tsp. nutmeg
¼ tsp. cloves
2 c. raisins
1 c.dates
1½ c. nuts
1½ c. candied fruit

(continued)

Mix milk, juice and marshmallows and let stand 1 hr. Roll crackers into fine crumbs and mix with rest of ingredients then stir into milk mixture. Press into 3 bread pans. Refrigerate.

Wilma Welty

RUM CAKE

1 pkg. yellow cake mix - with pudding
1 small pkg. Instant vanilla pudding
4 eggs, ½ c. oil
½ c. rum, ½ c. water

Put first 6 ingredients in bowl with cake mix. Blend 1 min. at low speed. Increase to med. speed and mix for 2 min. Pour batter in bundt pan and bake at 325 degrees for 1 hr. or until done.

GLAZE - combine 1 c. sugar, 1 stick butter and ¼ c. water. Boil 2 or 3 min. - add ¼ c. rum. Pour over warm cake, while still in pan. Let soak about 30 min. before removing from pan.

Marion Green

PRIZE FUDGE CAKE

4 tbsp. shortening
2 c. sugar
2 eggs
4 sq. melted chocolate
2½ c. flour
½ tsp. salt
3 tsp. baking powder
1½ c. milk
1 tsp. vanilla
1 c. chopped nuts

Cream shortening with only 1½ c. of the sugar then well beaten egg yolks. Blend in chocolate. Sift flour, baking powder and salt together. Add to creamed mixture alternately with milk. Blend in vanilla and nuts. Beat egg whites stiff and add remaining 1/8 c. sugar. Add to above.

(continued)

Bake 40-45 min. in 3 layers or 50 to 55 min. for large loaf at 350 degrees F. This is best if filled with Feather Filling from Delicate White Cake recipe.

Leona Sorensen

DELICATE WHITE CAKE

½ c. shortening
1½ c. sugar
1¼ c. cake flour
1 c. regular flour
3 tsp. baking powder
1 c.milk
1¼ tsp. lemon flavouring
5 egg whites, beaten

Cream shortening and sugar, add flour and baking powder with milk. Add flavouring then stiffly beaten egg whites. Bake in 3 layers or large pan at 350 degrees F.

This cake is good with a lemon filling or this Feather Filling. Cream well -

1½ c. sugar
½ c. butter

Mix 2 tbsp. flour in cold water and cook until clear. Add to above after this is cold and add flavouring.

Leona Sorensen

CUBAN CAKE

1 pkg. yellow cake mix
1-8 oz. pkg. cream cheese
1-3 oz. pkg. vanilla instant pudding
1 c. milk
1-16 oz. can crushed pineapple (drained)
1-9 oz. container Cool Whip

Bake cake mix according to directions in an 11x16 pan or 3/4 of the batter in a 9x13 pan at 350 degrees for 15 to 20 min. Cream together the cream cheese, vanilla pudding mix and milk. Spread on top of cooled cake. Sprinkle crushed pineapple over pudding mixture. Spread Cool Whip over pineapple. Sprinkle with nuts or coconut. Keep refrigerated until ready to serve.

Mary Gibbons

PEANUT BUTTER BARS

1 pkg. graham crackers (20)
1-3/4 sticks margarine
2½ c. powdered sugar
1 c. peanut butter
1 c. milk chocolate chips

Mix together the first 4 ingredients and press into 7x13 pan. Melt chocolate chips and spread over top of mixture.

Myrna Dixon

PUMPKIN PIE SQUARES

1 c. sifted flour
½ c.quick cooking rolled oats
½ c. brown sugar, firmly packed
½ c. margarine
2 c. pumpkin (1 lb. can)
1 large can evaporated milk
½ tsp. salt, 2 eggs
1 tsp. cinnamon, 3/4 c. sugar
½ tsp. ginger
¼ tsp. cloves
½ c. chopped pecans
½ c. brown sugar, firmly packed
2 tbsp. margarine

In mixing bowl combine the first 4 ingredients. Mix until crumbly, using electric mixer on low speed. Press into ungreased 9x13 pan. Bake for 15 min. in 350 degree oven. Combine pumpkin, evaporated milk, eggs, sugar, salt, cinnamon,ginger, and cloves and beat well. Pour into baked crust.

Bake for 20 min. in 350 degree oven. Combine pecans, brown sugar and 2 tbsp. margarine and sprinkle over pumpkin filling. Return to oven and bake for 15 to 20 min. more until filling is set. Cool pan on rack. Cut into 2" squares. Makes 24 servings. Serve topped with whipped cream.

Mary McKeever

SCOTS SHORTBREAD

1 lb. flour, sifted
½ lb. butter
¼ lb. fine granulated sugar

(continued)

Blend butter and sugar together with hand on a board, until thoroughly incorporated. Work flour gradually into the butter and sugar until the dough is of the consistency of short crust. Do not over knead and do not allow to become oily. Do not roll out, but press with the hand into two round cakes approx. 3/4" thick. Pinch edges and prick with fork.
Bake on wax paper in moderate oven 3/4 to 1 hr. until lightly brown. Allow to cool before handling.

Elizabeth Martin

TOLL HOUSE MARBLE SQUARES

½ c. butter or margarine
¼ c. plus 2 tbsp. granulated sugar
¼ c. plus 2 tbsp. brown sugar
½ tsp. vanilla
1 egg
1 c. sifted flour
½ tsp. soda
½ tsp. salt
½ c. coarsely chopped walnuts
1-6 oz. pkg. (1 c.) semi-sweet chocolate chips

Heat oven to 375 degrees F. Grease oblong 13x9x2 pan. Mix butter, sugars and vanilla thoroughly. Beat in egg. Blend in flour, soda and salt (sifted together). Mix in walnuts. Spread in prepared pan. Sprinkle chocolate chips over top of dough. Place in oven 1 min. Remove from oven and run knife through dough to marbleize. Return to oven and bake 12 to 14 min. Cool. Cut into 2" squares. Makes 2 doz.

Loetta Welty

APPLESAUCE BROWNIES

½ c. shortening
2 sq. chocolate
1 c. sugar
2 eggs, well beaten
½ c. applesauce
1 tsp. vanilla
1 c. flour
½ tsp. baking powder
¼ tsp. soda
¼ tsp. salt
½ c. nuts, chopped

(continued)

Heat oven to 350 degrees. Melt shortening and chocolate over hot water. Blend in sugar, eggs, applesauce, and vanilla. Add dry ingredients. Spread batter in greased and floured square pan (9x9x1-3/4). Bake 35 to 40 min. or until top springs back when lightly touched.

FROSTING - 1½ sq. chocolate
¼ c. water
2 tbsp. butter
1 tsp. vanilla
Powdered sugar

Melt chocolate, water and butter. Add vanilla and powdered sugar slowly until it is of spreading consistency. You may sprinkle more chopped nuts over the frosting if desired.

Linda O'Loughlin

PUMPKIN BARS

4 eggs
1 c. oil
2 c. sugar
2 c. flour
1 tsp. soda
1 tsp. salt
2 tsp. cinnamon
1 tsp. vanilla
2 c. pumpkin

Mix well, pour into greased 9x13 pan or jelly roll pan. Bake at 350 degrees for 20 min. After cooling, frost with a mixture of 3 oz. pkg. cream cheese, ½ c. margarine, 1 tsp. vanilla & 2 c. powdered sugar. If made the night before these make a nice treat to send to school for treats.

Pam Davidson

CHOCOLATE CHIP DATE BARS

1 c. shortening
1 c. sugar
2 eggs
1 c,dates, chopped
1 c. hot water
1 tsp. soda
½ tsp. salt
1-3/4 c. flour
1 tbsp. cocoa
1 tsp. vanilla
1 c. chocolate chips
½ c. walnuts, opt.

(continued)

Pour water over dates, sprinkle with soda and set aside. Cream sugar and shortening. Add eggs and vanilla - mix well. Add sifted dry ingredients and date-soda-water mixture and beat well. Mix in ½ c. chocolate chips and pour into well greased and floured 9x13 cake pan. Sprinkle on rest of chocolate chips and bake in 350 degree oven 35-40 min.

If walnuts are used they may be added with chocolate chips.

Gerry Coryell

BUTTERSCOTCH BARS

½ c. (1 stick) butter or margarine	
2 c. brown sugar, packed in cup	
2 c. sifted flour	
¼ tsp. salt	
2 tsp. baking powder	1 tsp. vanilla
2 eggs, unbeaten	1 c. flaked or shredded coconut

In a 3 qt. sauce pan melt butter over low heat, stir in brown sugar. Slowly heat until bubbly, stirring occasionally. Cool.

In the meantime, sift together flour, salt, and baking powder, set aside. To cooled mixture, add eggs, one at a time, beating well after each addition. Stir in vanilla, sifted dry ingredients and coconut, mix thoroughly.

Spread in shallow, greased 15x10x1 pan. Bake at 350 degrees for 25 to 30 min. Cool in pan and cut into bars while slightly warm. Makes 60 bars (2½x1).

Rose Mary Witschen

ALMOND BARS

2 c. crushed graham crackers
½ c. butter or substitute
2 c. coconut
1 can Eagle Brand milk
1 large Hershey Bar
1 pkg. butterscotch chips

Mix crushed graham crackers and butter. Press into 9x13 pan. Bake at 350 degrees for 10 min. Mix coconut and Eagle Brand milk, put on top of baked graham cracker mixture. Bake for 15 min. more. Melt Hershey bar and butterscotch chips. Frost.

Mary Ann Velk

MICROWAVE SPECIAL K BARS

½ c. white sugar
3/4 c. white syrup
3/4 c. peanut butter
4 c. Special K cereal
1 c. butterscotch chips
1 c. chocolate chips

Heat sugar and syrup in microwave on high for 2 to 3 min. stirring once. Add peanut butter and stir. Add Special K cereal and stir. Pat into 9x13 baking pan. Melt butterscotch and chocolate chips in microwave on high for 2 to 3 min. stirring once, spread on bars and cool.

Mary Ann Velk

SOUR CREAM RHUBARB SQUARES

½ c. granulated sugar
½ c. chopped nuts
1 tbsp. butter, melted
1 tsp. ground cinnamon
1½ c. packed brown sugar
½ c. shortening
1 egg
2 c. flour
1 tsp. baking soda
½ tsp. salt
1 c. sour cream
1½ c. rhubarb, cut into ½" pieces

(continued)

Mix granulated sugar, nuts, butter and cinnamon until crumbly. Set aside. Cream together brown sugar, shortening, and egg. Thoroughly stir together flour, soda and salt, add to creamed mixture alternating with sour cream. Stir in rhubarb.

Turn into greased and floured 13x9x2 baking pan. Sprinkle with reserved topping. Bake in 350 degree oven 45-50 min. Cut into squares. Serve warm or cool with whipped cream.

Mary Bold

PUMPKIN PIE SQUARES

1 c. sifted flour
½ c. rolled oats
½ c. brown sugar, packed
½ c. butter
4 c. pumpkin
1½ c. cream or canned milk

4 eggs
1 c. sugar
1 tsp. salt
1 tsp. cinnamon
½ tsp. ginger
¼ tsp. ground cloves

Combine flour, rolled oats, ½ c. brown sugar and ½ c. butter. Mix until crumbly. Press into ungreased 13x9x2 pan. Bake at 350 degrees for 15 min.

Combine pumpkin, cream, eggs, sugar, salt and spices in mixing bowl. Beat well. (I use blender). Pour into crust. Bake at 350 degrees for 30 min.

Combine ½ c. chopped nuts, ½ c. brown sugar and 2 tbsp. butter, sprinkle over pumpkin filling. Return to oven and bake until filling is set. Cool in pan and cut in 2" squares.

Ella Osterman

BANANA BARS

2 large bananas
2 c. all purpose flour
½ tsp. baking powder
3/4 tsp. soda
½ tsp. salt
½ c. Oleo or shortening
1 c. white sugar
½ c. brown sugar
2 eggs, unbeaten
1 tsp. vanilla
I add ¼ c. or less of buttermilk or sour cream
½ c. walnuts
1 c.chopped dates

Cut bananas in chunks, mix with beater, measure out 1 c. Sift flour, baking powder, soda, salt. In large bowl put Oleo, sugars, beat until creamy, adding eggs and vanilla.

Add sifted flour mixture alternately with the beaten bananas into bowl (about 3 min.), until just enough to blend. Mix in walnuts and dates.

Put batter in 9x13½ glass pan. Bake at 350 degrees for 30 or 35 min. May be frosted or sprinkled with sugar (powdered). Cut in squares.

Frances Pokorny

CARROT BARS

2 c. sugar
4 eggs
1 tsp. soda
1¼ c. cooking oil
1 tsp. cinnamon
2 small jars carrots -(baby food)
2 c. flour
1 tsp. salt

Mix sugar, oil and eggs. Mix flour, cinnamon, salt, soda and add to creamed mixture. Add carrots, beat well. Bake at 350 degrees for 30 min.

Frosting - 1 c. butter
6 oz. Philadelphia cream cheese
½ tsp. vanilla - beat together

(continued)

Add 2 c. powdered sugar. Spread on cooled cake - cut in bars.

Margaret Grubb
Beatrice Kane

BROWNIES

½ c. butter
1 c. sugar
3 eggs, well beaten
1 c. flour
2 sq. chocolate
1 tsp. vanilla
Salt
½ c. nuts

Mix all together. Bake at 350 degrees for 15 to 20 min. in 9x13 pan.

Cheryl Pavlovick

BROWNIES

1 c. sugar
2 eggs
2 sq. chocolate
½ c. butter or margarine
1 tbsp. cream
1 c. flour
1 tsp. vanilla
Walnuts, opt.

Combine 1 c. sugar with eggs. Melt chocolate and add soft butter and cream. Add to first ingredients, add vanilla, beat in mixer - add flour and walnuts - mix.

Pour into 7x11 greased and floured pan. Bake at 350 degrees F. for 25 min.

P. S. - double recipe for a jelly roll pan. Frost with chocolate frosting.

Alma Hurd

BROWNIES

4 eggs
½ c. softened butter
1 tsp. vanilla flavouring
1 c. plus 1 tbsp. flour (all purpose)
1 c. sugar
1 c. chocolate syrup

Mix all ingredients into large bowl. Blend eggs, butter, and sugar first then the chocolate and flour also vanilla. Pour into floured and greased 8" pan. Bake in 400 degree F. oven for 31 min. You may add nuts if you wish.

Sharon Berlinger

BABE RUTH BARS

½ c. brown sugar
½ c. white sugar
1 c. white Karo syrup
1 c. peanut butter
6 c. cornflakes
1 c. Spanish peanuts
5 Hershey bars

Bring sugar and syrup to a rolling boil. Add peanut butter until it melts out. DO NOT BOIL. Pour over cornflakes and peanuts. Press into greased cake pan. Break 5 Hershey bars over top. Put in oven just long enough to slightly melt chocolate bars and spread like frosting. Cool.

Helen Rice

CHOCOLATE BROWNIES

2 c. flour
2 c. sugar
2 sticks or 1 c. Oleo
4 tbsp. cocoa
1 c. water
½ c. buttermilk
1 tbsp. vanilla, 2 eggs
1 tsp. soda

Sift together flour and sugar. Set aside. Boil Oleo, cocoa and water until Oleo is melted. Add this mixture to flour and sugar. Mix well. Add buttermilk, vanilla, eggs and soda. Mix well.

(continued)

This is a runny batter. Pour into greased cookie sheet. Bake 20-25 min. at 350 degrees F. (160-190 C.)

FROSTING - 1-1/3 c. sugar
6 tbsp. Oleo
6 tbsp. milk

Boil, remove from heat, add ½ c. chocolate chips. Beat until it is cool and ready to spread.

Deloris M. Foley

CARAMEL CHOCOLATE BARS

1-14 oz. bag caramels
2/3 c. evaporated milk
1 - 18½ oz. pkg. Swiss chocolate cake mix
3/4 c. melted margarine
1-6 oz. pkg. semi-sweet chocolate chips
1 c.chopped walnuts

Combine caramels & 1/3 c.of the evaporated milk in a double boiler top. Cover. Place over boiling water. Stir until melted. Keep warm.

Combine cake mix, butter and remaining 1/3 c. evaporated milk in bowl. Beat with mixer. Spread ½ of the batter in greased 9x13 pan. Bake at 350 degrees for 6 min. Spread caramel mixture carefully over baked layer. Sprinkle with chocolate chips. Stir ½ c. chopped nuts into remaining batter. Drop by spoonful over all. Sprinkle with remaining nuts.

Bake at 350 degrees for 18 min. Cool and cut. Makes 36 bars.

Rose Darlington

ORANGE SLICE BARS

1 lb. orange slice candy - cut into small pieces	
2 c. flour	
½ tsp. baking powder	
1 c. chopped nuts	2 tbsp. margarine
4 eggs	1 tsp. vanilla
2 c. brown sugar	1 tsp. salt

Mix orange slices (pieces) with flour mixture, add nuts. Beat eggs, add sugar, butter, vanilla and salt. Add the candy and flour mixture.

Bake at 350 degrees for 25 min. Do not overbake. Cut into oblong pieces and roll in powdered sugar. Use a 15½x10½ greased pan.

Adeline Pribyl

CELESTIAL BARS

2½ c. sifted flour	1 pkg. active dry yeast
2 tbsp. sugar	¼ c. warm water (110 degrees)
3/4 tsp. salt	2 egg yolks, well beaten
1½ c. quick oats	1 c. commercial sour cream
1 c. butter, chilled and cut into pieces	½ tsp. vanilla

Filling - 3 egg whites	½ tsp. vanilla
1 c. chopped nuts	1 c. sugar

Combine flour, sugar, salt and oats. Using a pastry blender cut into butter until pieces are size of small peas. Set aside. Soften yeast in warm water. Combine with egg yolk, sour cream and vanilla. Mix well. Blend into flour mixture. Cover and chill thoroughly in fridge (several hrs. or overnight). When pastry is chilled, prepare filling.

Beat egg whites until foamy. Gradually add sugar, continue beating until stiff. Fold in walnuts and vanilla. Divide

(continued)

dough into two pieces. Roll each portion into 18x11 rectangle. Spread half of each rectangle with filling. Fold the unfilled half of the dough over the part with filling. Seal edges by pressing with a fork. Transfer to a lightly greased baking sheet.

Bake at 350 degrees for 25 min. or until golden brown.

GLAZE - 2 tbsp. butter, melted
3/4 c. powdered sugar
½ tsp. vanilla
Water

Combine glaze ingredients adding enough water to make of spreading consistency. Drizzle over warm rolls. Cut into strips or triangles to serve.

Cinda Genereux

TURTLE BARS

1½ c. oatmeal	1½ c. chocolate chips
1½ c. flour	3/4 c. chopped nuts
1-1/8 c. brown sugar	50 caramels
1-1/8 c. melted butter	½ c. cream
½ tsp. salt	

Mix oatmeal, flour, brown sugar, melted butter and salt. Spread 2/3 of the mixture in a 9x13 pan. Bake at 350 degrees for 10 min. Remove from oven and sprinkle with chopped nuts and chocolate chips. Melt caramels with cream and pour over nuts and chips. Sprinkle remaining crumbs on top and return to oven for 10 to 15 min. Cool and cut.

Amy Dixon

LEMON BUTTER TARTS

1½ tbsp. butter
1 c. sugar
1/3 c. lemon juice
Grated rind of 1 lemon
3 eggs, well beaten

To make rounds -

Use your favourite pie crust recipe. Roll 1/8" thick, cut with 2½" cutter. Bake until light brown. Cool and spread with 1 tsp. lemon butter on each. Be sure to poke rounds with fork before baking.

Filling - Cut butter into sugar with a fork. Add lemon juice, rind and beaten eggs. Cook over boiling water until thick, stirring constantly. Cool and place in fridge until thoroughly chilled before spreading on pastry rounds.

Jean Barsotti

SOUR CREAM RHUBARB RAISIN PIE

4 c. rhubarb, cut
½ c. chopped raisins
3/4 c. sugar
½ c. sour cream
½ c. Sego milk
1/8 tsp. cloves
1/8 tsp. nutmeg
½ tsp. cinnamon
1/8 tsp. salt
2 eggs, beaten

In mixing bowl beat eggs, cream and milk together then add sugar, cloves, nutmeg and cinnamon also salt. Beat on low until mixed. Add rhubarb and raisins. Put mixture in unbaked pie shell and bake in 350 degree oven for 45 min.

Rosie Pegar

PINEAPPLE PIE

1 #2 can pineapple, crushed
3/4 c. sugar
1 tbsp. cornstarch
Dash of salt
1 tbsp. butter

Cook all ingredients together except the butter until thick. Add butter and pour into unbaked crust. Cover with top crust and bake at 400 degrees for 15 min. then at 350 degrees for 30 min.

Beverly Phalen

RHUBARB PIE

4 c. rhubarb
1 c. sugar
¼ c. honey
1 tbsp. flour - heaping on bottom crust
2 tbsp. tapioca
1 tbsp. butter

Start heating oven to 425 degrees. Line 9" pie plate with favourite pastry crust. Mix the sugar, honey and tapioca with the rhubarb. Add flour to the bottom crust and pour rhubarb mixture in lined pie pan. Add butter and add your top pie crust and bake 40-50 min.

Margaret Grubb

CRUSTLESS PIE

2 c. milk
1 c. coconut
3/4 c. sugar
¼ c. margarine
4 eggs
1 tsp. vanilla
1 tsp. baking powder
½ c. flour

Put all ingredients into blender. Beat at high speed 2 to 3 min. Pour into greased and floured 9" pie pan. Bake at 350 degrees for 45 min. Top will be a deep golden brown.

Ida Genereux

SOUR CREAM RAISIN PIE

1½ c. sour cream
1 c. sugar
2 eggs
1½ c. raisins
½ tsp. nutmeg
½ tsp. cinnamon
1 tbsp. flour

Mix all ingredients together and pour into unbaked 9" pie shell. Bake 10 min. at 450 degrees then 20 min. at 350.

Cheryl Pavlovick

SOUTHERN PIE

1½ c. sour cream
1 c. sugar
2 eggs
1½ c. raisins
½ tsp. cinnamon
½ tsp. nutmeg
1 tbsp. flour

Mix flour, spices and sugar with slightly beaten eggs, sour cream and raisins. Pour into an unbaked pie shell and bake about 30 min. - 10 min. at 450 degrees and 20 min. at 350 degrees.

Catherine Brewer

LEMON PIE FILLING

1 c. sugar
4 tbsp. flour
Pinch of salt
1-1/3 c. boiling water
Juice of 1 large lemon - (3-4 tbsp.)
1 whole egg plus 2 egg yolks
1 tsp. butter or margarine

Place sugar, flour and salt in double boiler and mix. Add boiling water and lemon juice and cook in top of double boiler until it begins to thicken, stirring occasionally. Add beaten eggs and continue cooking until the filling is quite thick. Add butter. Pour into a baked pie shell when partly cooled.

Loetta Welty

FRESH STRAWBERRY PIE

3/4 c. sugar
2 tbsp. cornstarch
1½ c. cold water
1-3 oz. pkg. strawberry Jello
1 qt. fresh strawberries
1 pkg. Dream Whip
1 - 8" baked pie shell

Mix sugar, cornstarch and water together and boil 2 min. Add the strawberry Jello. Stir well. Put the fresh strawberries in pie shell and pour the hot ingredients over top. Cool.

When cool top with the prepared Dream Whip.

Della Sohm

AMMISH VANILLA PIE

½ c. brown sugar
1 tbsp. flour
¼ c. dark corn syrup
1½ tsp. vanilla
1 egg, beaten
1 c. water

TOPPING - 1 c. flour
½ c. brown sugar
½ tsp. cream of tartar
½ tsp. soda
1/8 tsp. salt
¼ c. butter

Combine brown sugar, flour, corn syrup, vanilla and egg. Slowly pour in water and cook until comes to boil. Let cool. Mix topping ingredients until crumbly. Pour cool mix into unbaked pie shell and top with crumbs. Bake at 350 degrees for 40 min.

Wilma Welty

LEMONADE PIE

Graham cracker pie crust
Cool Whip - med.
Eagle Brand milk
Frozen lemonade juice - small

Mix Cool Whip and milk together. Add juice to Cool Whip and milk. Mix. Pour mixture into pie crust and chill 15 min. in fridge.

Big Sandy Activities

SOUR CREAM APPLE PIE

- 1 c. sour cream
- 2 tbsp. flour
- 1 tsp. vanilla
- 3/4 c. sugar
- ¼ tsp. salt
- 1 egg
- 2 c. sliced thin apples
- or 1 #2 can sliced apples

Beat all together. Add apples. Pour in unbaked shell. Bake at 400 degrees for 30 min. Meanwhile mix ½ c. brown sugar, 1/3 c. flour, ¼ c. margarine until crumbly. Sprinkle on top of pie. Bake 20 min. more.

Leah Dixon

BUTTERSCOTCH PIE

- 2 egg yolks
- 1½ c. brown sugar
- 4½ tbsp. flour
- ¼ tsp.salt
- 1½ c. milk
- 4½ tbsp. water
- 4 tbsp. butter
- 1½ tsp. vanilla

Meringue - 2 egg whites
4 tbsp. sugar
Pinch of salt

Put ingredients in sauce pan in order as above. Stir over low heat until it thickens and comes to the boiling point. Pour into baked 9" pastry shell. Cool slightly. Top with meringue. Brown in moderate oven.

Helen Rice

PUMPKIN CHEESE PIE

1-8 oz. package cream cheese
½ c. firmly packed light brown sugar
2 large eggs
2/3 c. canned solid pack pumpkin
3/4 tsp. pumpkin pie spice
8" unbaked home-made graham cracker crust

Beat together the cream cheese and brown sugar - beat in the eggs, then the pumpkin and spice until blended. Turn into the graham cracker crust.

Bake in a preheated 350 degree oven for 35 min. Cool and chill. (It has full pumpkin not cheese cake flavour.)

Florence Rose

PIE CRUST

4 c. flour
1 lb. margarine
½ tsp. salt
1 c. sour cream

Mix flour, shortening, add 1 c. sour cream. Mix well. Chill or you may freeze it- it keeps a long time. Makes equivalent for two 10" pie top and bottom crust.

Patsy Worsley

- EXTRA RECIPES -

DESSERTS

OVEN TEMPERATURE CHART (Miscellaneous)

	Minutes	Temperature
Custard Cup	20 - 30	300
Custard Casserole	45 - 60	300
Souffle	50 - 60	325
Timbales	35 - 45	300
Rice Pudding	50 - 60	325

TABLE FOR DRIED FRUITS

Fruit	Cooking Time	Amount of Sugar or Honey
Apricots	About 40 minutes	¼ c. for each c. fruit
Figs	About 30 minutes	1 Tbsp. for each c. fruit
Peaches	About 45 minutes	¼ c. for each c. fruit
Prunes	About 45 minutes	2 Tbsp. for each c. fruit

RULES FOR WHIPPING CREAM

Chill the cream, bowl and beater in a refrigerator for at least 2 hours. Beat until it is fairly stiff.

If cream is beaten until it is warmer than 45 degrees, it will turn to butter.

Should cream start to turn buttery, whip in 2 or 3 more tablespoonfuls of cold milk.

If you wish the cream to keep stiff for a day or two, add one teaspoon gelatine soaked in one tablespoon cold water. Dissolve the gelatine over hot water; allow to cool to the consistency of egg white before adding to the cream and whipping.

Use medium speed when whipping cream with an electric beater.

Cream, when whipped, almost doubles in bulk.

SUBSTITUTES FOR WHIPPING CREAM

1. Use light cream or cereal cream after allowing it to stand undisturbed for 48 hours in the refrigerator. Whip as you would whipping cream.
2. Prepare cream as given above. Soak 1 teaspoon gelatine in 2 tablespoons cold water and dissolve over hot water. Allow to cool; then add to the cream and whip.
3. Use evaporated milk. Milk prepared with gelatine holds up better and longer, but it may be more convenient to chill it on occasion. Chill 12 hours. Use medium speed on the electric beater when whipping.
4. Combine equal parts of dry milk powder with water. Beat with beater at medium speed. Add 1½ teaspoons lemon juice to each cupful of this mixture, if a more stable foam is desired.

DESSERTS

HEAVENLY HASH PUDDING

1 pkg. vanilla cream pudding
1½ c. milk
1 c. heavy cream, whipped
1 can (8-3/4 oz.) pineapple tidbits or crushed pineapple or fruit cocktail, drained
1 large banana, sliced
½ c. miniature marshmallows
¼ c. diced maraschino cherries

Empty pudding mix into pan and slowly add milk, stirring to keep smooth. Cook at med. high heat stirring steadily until pudding starts to boil. Pour into bowl and cover with wax paper and chill. Fold in whipped cream and fruit. Garnish with more whipped cream and cherries. Makes 6 servings.

Mary Gibbons

GRASSHOPPER TARTS

4 oz. milk chocolate candy
1 oz. unsweetened chocolate
2 tbsp. butter or margarine
20 large marshmallows
1/3 c. milk
2 tbsp. white creme de cacao
2 tbsp. creme de menthe
½ c. whipping cream, whipped
Cool Whip
8 cup cake papers

Melt chocolates and butter. Spread by the back of a spoon into cupcake papers. Refrigerate. Melt marshmallows and milk (should be puffy). Add flavouring (liquors). Refrigerate until partly set, about 45 min. Fold in whipped cream. Spoon into cups. Refrigerate 2-3 hrs. Remove tart from paper. Top with Cool Whip and garnish with chocolate

(continued)

curls.

NOTE - If you take tarts from fridge 20-30 min. before serving the chocolate will not be so brittle and not likely to break.

Mary Gibbons

MANDARIN ORANGE DESSERT

2 small cans mandarin oranges, drained
½ c. chopped nuts, opt.
2 eggs, 2 c. sugar
2 c. flour, 2 tsp. soda
1 tsp. salt, 2 tsp. vanilla
½ c. brown sugar, 6 tsp. milk
6 tsp. margarine

Put all ingredients together and mix 3 min. with electric mixer.

Bake in greased 9x13 pan at 350 degrees for 35 min.

FROSTING - Mix ½ c. brown sugar, 6 tsp. milk, 6 tsp. margarine together and bring to boil for 1½ min. Pour over hot cake. Cool and serve with whipped topping.

Penny Ament

LIME DELIGHT

1¼ c. graham cracker crumbs
3 tbsp. sugar 1/3 c. butter

Lime Filling - 1 small bottle 7-up
1 small box lime Jello
1 pt. vanilla ice cream

Combine crumbs and sugar in pie pan, stir in melted butter until blended.

(continued)

Pack mixture into 9" pie pan and press firmly to bottom and sides. Bake in 350 degree F. oven 8 min. Cool, chill and fill.

LIME FILLING - Heat contents of 7-up to boiling. Dissolve 1 box lime Jello in 7-up. Add 1 pt. vanilla ice cream and stir until melted. Pour into graham cracker crust and refrigerate until firm.

Rita Yirsa

PINEAPPLE ICE CREAM PIE

Pie crust -

1 c. cornflake crumbs
2 tbsp. sugar
1/3 c. melted butter

Pie filling - 1 c. milk or half and half
1 - 3-3/4 oz. pkg. vanilla instant pudding
1 pt. vanilla ice cream, slightly softened

Glaze - 1½ c. drained crushed pineapple
½ c. pineapple syrup
1 tbsp. cornstarch

Blend together the ingredients for the crust and press into 9" pie pan. Chill. Pour milk into mixing bowl, add pudding mix and ice cream. Beat slowly until well blended. Pour into crust. Refrigerate while making glaze. Drain pineapple, measure syrup. Add syrup to cornstarch, stir and cook to keep mixture smooth and clear. Add pineapple and cool. Spoon over top of pie. Chill for 1 hr.

Rose Darlington

ANGEL PEPPERMINT LOAF

½ c. sifted cake flour
3/4 c. sugar
2/3 c. egg whites
1/8 tsp. salt
½ tsp. cream of tartar
½ tsp. vanilla
¼ tsp. almond extract
2 tbsp. finely crushed peppermint stick candy

(continued)

Measure sifted flour, add ¼ c. sugar, sift 4 times. Combine egg whites,salt, cream of tartar and flavourings in a large bowl. Beat until soft peaks form. Blend in remaining sugar, 2 tbsp. at a time. Fold in crushed candy. Pour batter into ungreased 10x5x3 loaf pan. Bake in moderate 375 degree oven about 25 min. Cool upside down for 1 hr. Serve plain or with chocolate ice cream.

Kathleen Berlinger

FRUIT WITH CRUNCHY TOPPING

Fruit (apples, rhubarb, peaches or berries)
3/4 c. quick cooking oatmeal
3/4 c. brown sugar
½ c. flour, ½ c. margarine,
Sugar

Prepare fruit and arrange in bottom 2/3 of greased 13x9x2 pan. Cover with sugar to sweeten some. Combine oatmeal, sugar, flour and margarine. Mix until crumbly. Sprinkle over fruit.

Bake in moderate 350 degree oven for 35 to 40 min. Serve warm. May top with whipped cream.

Lorna Springer

RHUBARB CRUMBLE

1½ c. flour
7½ tbsp. powdered sugar
3/4 c. margarine
Mix like pie crust and put into a 9x15 pan and bake at 350 degrees for 15 min.

3 beaten eggs
3/8 c. flour
1½ tsp. baking powder
2¼ c. sugar
3/4 tsp. salt
1½ tsp. vanilla

Pour over pie crust and pour 4 c. finely chopped rhubarb over dough and bake 35-40 min. at 350 degrees F.

Beatrice Kane

APPLE CRISP

4 c. sliced apples
½ c. sugar
1 tbsp. lemon juice
1/3 c. quick cooking oats
1/3 c. brown sugar
1/3 c. flour
¼ c. margarine

Place sliced apples in greased pan. Sprinkle with lemon juice and sugar. Blend margarine, brown sugar, flour and oats. Spread over apples.

Bake at 350 degrees for 30 min. Serve warm with whipped cream.

Terry Berlinger

ENGLISH TRIFLE

Any sponge cake or jelly roll
Sherry or Brandy - to taste
Chopped almonds, blanched
Whipping cream
Fresh raspberries
or fresh strawberries
Canned fruit may be used if good
Custard may be used instead of cream if preferred

Put sponge cake in thick slices at bottom of large glass bowl and line sides of bowl also. Pour Sherry or brandy, over cake until really saturated. Put generous layer of raspberries on cake and more sherry or brandy, then more cake on top of raspberries. Sprinkle blanched almonds on cake also. Continue to do this until dish or bowl is almost full.

Whip cream and put thick layer of cream on top of trifle. Decorate with almonds and fruit of choice. Keep refrigerated until served.

Peggy Murphy

RASPBERRY RING

Small pkg. raspberry Jello
Dash of salt
1¼ c. boiling water
10 oz. frozen raspberries
1 c. whipping cream
Angel food cake

Dissolve Jello and dash of salt in boiling water. Add 10 oz. frozen raspberries and stir until thawed. Chill until partially set. Whip until fluffy. Fold in 1 c. whipped cream.

Tear angel food cake into 1½" pieces. Loosely arrange ½ of pieces in 10" tube pan. Pour ½ of mixture over cake pieces. Repeat with other ½ of cake pieces and other ½ of mixture. Chill until firm. Unmould. Serves 8.

Gloria Godfrey

FROZEN FRUIT SALAD DESSERT

4 - 1 lb. 4 oz. cans crushed pineapple
2 - 1 lb. cans sliced peaches,drained
1 envelope unflavoured gelatin
¼ c. cold water
1 c. orange juice
¼ c. lemon juice
2½ c. sugar
½ tsp. salt, 2 tsp. ginger
2 c. halved green seedless grapes
1½ c. cut up maraschino cherries
30 marshmallows, quartered
2 c. coarsely chopped pecans or walnuts
2 qts. heavy cream, whipped
3 c. mayonnaise

Drain pineapple reserving 1½ c. juice. Cut peaches in 1½" cubes. Set aside. Soften gelatin in cold water 5 min. Heat 1½ c. pineapple juice in sauce pan. Bring to a boil. Remove from heat. Add gelatin, stir to dissolve. Stir in orange

(continued)

and lemon juice, sugar and salt. Chill until it thickens, fold in all fruits, marshmallows, ginger, pecans, cream and mayonnaise. Spoon into 1 qt. cylinder containers. Cover and freeze. Thaw slightly before serving. Remove and cut into 1" slices. Makes 9 qts. or 72 servings.

Jewell Bahnmiller

RASPBERRY SWIRL

3/4 c. graham cracker crumbs
3 tbsp. margarine, melted
2 tbsp. sugar
1-8 oz. pkg. cream cheese
1 c. sugar
1/8 tsp. salt
1-10 oz. pkg. frozen raspberries, partially thawed
1 c. heavy cream, or 1 pkg. Dream Whip
3 eggs, separated

Combine thoroughly the crumbs, melted butter and 2 tbsp. sugar. Lightly press mixture into well greased 7x11x1½" pan. Bake in 375 degree oven for 8 min. Cool.

Beat egg yolks until thick. Add cream cheese, sugar and salt, beat until smooth and light. Beat egg whites until stiff peaks form. Whip cream until stiff and fold with egg whites into cream cheese mixture.

In a mixer or blender crush raspberries to a pulp. Gently swirl half of fruit pulp through cheese filling and spread mixture into crust. Spoon remaining puree over top. Swirl with a knife. Freeze then cover and return to freezer. 6 to 8 servings.

Cora Lee Welty

FROSTY STRAWBERRY SQUARES

- 1 c. sifted flour
- ¼ c. brown sugar
- ½ c. chopped walnuts
- ½ c. melted butter
- 2 egg whites
- 1 c. sugar
- 2 c. fresh or frozen strawberries
- 2 tbsp. lemon juice
- 2 c. Cool Whip or whipping cream

Stir together first 4 ingredients, spread evenly in pan. Bake in 350 degree oven 10 min., stirring occasionally. Sprinkle 2/3 of the crumbs in 13x9x2 baking dish. Combine egg whites, sugar, berries and lemon juice in a large bowl. With electric beater, beat at high speed to stiff peaks, about 10 min. Add remaining crumbs to the top. Freeze 6 hrs. or overnight. Cut in squares.

Deloris Pribyl

STRAWBERRY CREAM SQUARES

- 2-3 oz. pkg. strawberry Jello
- 2-10 oz. frozen strawberries
- 1 - 13½ oz. can crushed pineapple
- 2 large fully ripe bananas
- 1 c. sour cream

Dissolve Jello in 2 c. water (boiling). Add frozen strawberries. Stir occasionally until thawed. Add pineapple and finely diced bananas.

Pour half into 8x8x2 pan. Chill until firm. Spread evenly with 1 c. sour cream. Pour remaining gelatin atop. Chill until firm. Cut into squares, top with sour cream dollops. Very easy, tasty and pretty.

Marianne Brewer

APPLE OATMEAL CRISP

5 or 6 med. size tart apples, cored, peeled and sliced
3/4 c. rolled oats
3/4 c. packed brown sugar
½ c. flour
1 tsp. cinnamon ½ c. margarine

Spread apples in greased 8" square baking dish. Set aside. Mix oats, sugar, flour and cinnamon. Cut in margarine with fork or pastry blender. Sprinkle evenly over apples.

Bake in preheated 350 degree oven for 30 to 40 min. or until apples are tender and topping is crisp and brown. Serve slightly warm. May be topped with ice cream or whipped cream. 6 servings.

Janis Reichelt

RASPBERRY BAVARIAN CREAM

1-10 oz. pkg. frozen raspberries, thawed
1 c. boiling water
1-3 oz. pkg. raspberry flavoured gelatin
1 c. chilled whipping cream or
1-2 oz. envelope dessert topping mix

Drain raspberries,reserving syrup. Pour boiling water over gelatin in bowl, stirring until gelatin is dissolved. Add enough cold water to the reserved syrup to measure 1 c. Stir into dissolved gelatin. Chill until almost set.

In chilled bowl, beat cream until stiff. (If using dessert topping mix, prepare as directed on pkg.). Beat gelatin until foamy. Fold gelatin and raspberries into whipped cream. Pour into 1 qt. mould or into individual moulds. Chill until firm. Unmould, if desired. Serve with whipped cream. 6-8 servings.

Lil Foussard

EASY DESSERT

1 c. flour
½ c. margarine
½ c. chopped nuts
8 oz. cream cheese
1 c. powdered sugar
1 c. Cool Whip
3 oz. chocolate instant pudding
2 c. milk
2-3 c. Cool Whip
1 can cherry pie filling
Coconut, chopped nuts

CRUST - Mix flour,margarine, and ½ c. chopped nuts together. Press onto bottom of greased 13x9x2 pan. Bake in 350 degree oven for 10-15 min. Cool.

FIRST LAYER - Beat cream cheese with powdered sugar until fluffy. Fold in 1 c. Cool Whip and spread over crust.

SECOND LAYER - Beat chocolate pudding with 2 c. milk until thick. Spread over first layer.

THIRD LAYER - spread 2-3 c. Cool Whip over 2nd layer.

FOURTH LAYER - spread 1 can cherry pie filling over the top of all and sprinkle with coconut and chopped nuts. Refrigerate. This dessert may be frozen for at least 2 weeks before you serve it.

Gin Edwards

RHUBARB DESSERT

5 c. rhubarb, chopped
1 small box strawberry Jello
1 c. sugar
3 c. miniature marshmallows
1 yellow cake mix

Grease a 9x13 cake pan. Sprinkle the 5 c. chopped rhubarb, over bottom of pan. Sprinkle 1 small box strawberry Jello over rhubarb. Pour 1 c. of sugar over that. Put 3 c. miniature marshmallows on top of this. Mix up a regular yellow cake mix as directed. Pour on top of all the other ingredients.

(continued)

Bake at 350 degrees for 45-50 min. Top each piece with whipped cream or Cool Whip.

Penny Ament

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CANDY,
JELLY
&
PRESERVES

CANDY THERMOMETER HINTS

To check candy thermometer accuracy, let stand 10 minutes in boiling water. Thermometer should read 212 degrees; if there is any variation, subtract or add to make the same degree of allowance in testing candy.

Thread	230 - 234 degrees
Soft ball	234 - 238 degrees
Medium ball	238 - 244 degrees
Firm ball	244 - 248 degrees
Hard ball	248 - 254 degrees
Very hard ball	254 - 265 degrees
Light crack	265 - 285 degrees
Hard crack	290 - 300 degrees
Carmelized Sugar	310 - 338 degrees

TEMPERATURES IN CANDY MAKING

Fudge, opera creams, penuche and cream candies	234 - 236 degrees, soft ball
Fondants (mints, etc.)	238 - 240 degrees, soft ball
Marshallows	238 - 240 degrees, medium ball
Caramel mixtures	246 - 252 degrees, firm ball
Taffies	265 - 270 degrees, hard ball
Butterscotch	290 - 300 degrees, crack
Brittles	300 - 310 degrees, hard crack

BOILED FROSTINGS

1 egg white to 1 c. sugar — 238 - 242 degrees, soft ball or thread
2 egg whites to 1 c. sugar — 244 - 248 degrees, soft ball or thread
3 egg whites to 1 c. sugar — 254 - 260 degrees, firm ball or long thread

MICROWAVE PEANUT BRITTLE

1 c. sugar	1 tsp. butter
½ c. white corn syrup	1 tsp. vanilla extract
1 c. roasted salted peanuts	1 tsp. baking soda

In 1½ qt. casserole stir together sugar and syrup. Microwave at High 4 min. Stir in peanuts. Microwave at high 3-5 min. until light brown.

Add butter and vanilla to syrup, blending well. Microwave at high 1-2 min. more. Peanuts will be lightly browned and syrup very hot. Add baking soda and gently stir until light and foamy. Pour mixture on lightly greased cookie sheet. Let cool ½ to 1 hr. before breaking into pieces.

Penny Ament

BEST EVER CANDY

1 pt. white syrup	1 lb. chopped nuts
3 lb. sugar	½ tsp. salt
1½ pt. canned milk or cream	1 tbsp. vanilla

Stir syrup, sugar and cream until well dissolved. Cook until forms hard ball in cold water. Remove from heat and beat until cool and creamy. (your arm may feel like it will fall off, but keep beating). Add nuts, salt and vanilla. Pour into greased 15x17 pan and cut into small squares when cool. Makes 5 lb.

Mary Gibbons

BEET JELLY

½ c. lemon juice	8 c. sugar
2 boxes Sure-gel	1 box raspberry Jello

Wash beets, and cut in small pieces and boil for 1 hr. or more, covering with water over top. Cook until done. Use 6 c. beet juice - boil with all top ingredients listed. Makes approx. 5 pts.

Patsy Worsley

CRACKER JACKS

1 c. sugar	½ c. molasses
1 c. Karo syrup	1 tsp. soda
½ c. water	1 tsp. salt

Take sugar, syrup and water - boil to 195 degrees. Reduce heat and add ½ c. molasses, 1 tsp. salt and 1 tsp. soda just before pouring over pop corn - about 4 qts.

Clara Belschner

CARAMELS

2 c. sugar	1 large can evaporated milk (or cow's cream may be substituted)
1-3/4 c. light corn syrup	
½ lb. butter	
	1 tsp. vanilla, ½ c. nuts

Mix sugar, syrup, butter and ½ of the evaporated milk together in 6 qt. or larger pan. Bring to a boil, stirring constantly. Do not let boiling cease. Drizzle in remaining milk. Keep stirring, cook to solid ball stage. Add vanilla and nuts. Pour into greased 9x13 pan. Let cool. Cut into squares, wrap each in waxed paper. Have extra pan handy in case candy starts scorching. Be sure to stir all over bottom of pan, even under thermometer. Yield 6 doz. pieces.

Lyla Ophus

FRUIT LEATHER

1 c. fruit peeled and chopped
1½ tbsp. sugar per cup fruit
Water

Measure 8 c. fruit, add sugar and ½ to 3/4 c. water and cook until soft. Cool then blend in blender or run through a sieve. Line pans with plastic wrap (two 9x13 or larger) and pour fruit mixture into pans.

Bake 5 hrs. with oven ajar at lowest temp. Fruit should be dry to the touch and leather like when done. Roll in plastic wrap and store in freezer.

Laura Sheehy

TAFFY TAN FUDGE

2 c. sugar
1 c. evaporated milk
½ c. margarine
2 c. (7 oz. jar) marshmallow cream
1-12 oz.peanut butter
1 tsp. vanilla
Chopped walnuts or salted peanuts if desired

Combine sugar, milk and margarine. Bring to boil, cook over med. heat 12 to 15 min. Stir constantly. Remove from heat - add marshmallow cream, peanut butter, and vanilla. Stir until well blended.

Pour into greased 9" square pan. Cool, cut into squares.

Margaret Robertson

PLUM JAM

4 c. plums
4 c. sugar

Pit plums and add sugar, cook over low heat until 2 drops form on side of spoon and almost come together. Put into jelly jars and seal.

Connie Green

FROZEN STRAWBERRY JAM

3 c. mashed strawberries
6 c. sugar
1 pkg. Sure Gel
1 c. water

Mix berries with sugar. Let stand 20 min. Combine 1 pkg. Sure Gel and 1 c. water, boil 1 min., stirring continuously.

Pour over berries and stir 2 min. Pour into glass jars or plastic containers and let stand 24 hrs. covered with towel. Seal, cover and store in deep freeze.

Alma Hurd

EASTER CANDY

½ lb. butter
2 lb. powdered sugar
2 tbsp. cream
1 tsp. vanilla
½ lb. unsweetened chocolate
3 tbsp. shaved wax

Cream butter and add sugar slowly. Add cream and vanilla and work by hand (do not use mixer). Mixture will be quite stiff. Coconut, fruit, nuts, etc. may be added to mixture, if desired. Form into small egg shapes and let set overnight.

Melt ½ lb. unsweetened chocolate with 3 tbsp. shaved wax. Stick toothpick into formed eggs and dip quickly into melted chocolate. Place on waxed paper and let cool. It is best to store these in fridge or they may also be frozen. They may also be made in other shapes.

Janis Reichelt

DIVINITY

2½ c. sugar
½ c. syrup
½ c. water
½ tsp. vanilla
1 c. nuts
2 egg whites

Mix and boil to 260 degrees F. Add to two stiffly beaten egg whites. Add flavouring, beat until the gloss starts to disappear. Spoon onto a buttered pan. Never fails.

Ade Jurenka

MISCELLANEOUS

TIME TABLE FOR COOKING CEREALS

CEREAL	QUANTITY	SALT	WATER	TIME	AMOUNT WHEN COOKED
Cracked Wheat	1 cup	1 tsp.	3 c.	2 hrs.	3 cups
Farina	1 cup	1 tsp.	4 c.	30 mins.	3¾ cups
Macaroni	1 cup	1 tsp.	4 c.	25 mins.	2¼ cups
Oatmeal	1 cup	1 tsp.	4 c.	30 mins.	3 cups
Rice	1 cup	1 tsp.	8 c.	40 mins.	4 cups
Rolled Oats	1 cup	1 tsp.	2¼ c.	30 mins.	2 2/3 cups
Buckwheat	1 cup	1 tsp.	4 - 6 cups	40 mins.	3 cups
Cornmeal	1 cup	1 tsp.	4 c.	30 mins.	3 cups

FRIED FOOD TIME TABLE

	TEMP. of FAT	TIME in MINUTES
Croquettes of cooked food	375 - 385	2 to 4
uncooked food	370	5 to 6
Doughnuts	375	2 to 3
Fritters	365 - 375	2 to 5
French Fried Potatoes	370	5 to 7
thin	390	1 to 1½
Vegetable rings	375 - 380	2 to 3
Oysters	375	1 to 2
Small Fish	375 - 385	2 to 5

APPROXIMATE EQUIVALENTS OR SUBSTITUTIONS IN BAKING AND COOKING

1 tsp. baking powder = ¼ tsp. soda and ½ tsp. cream of tartar
1 cup cake flour = 7/8 cup or 1 cup less 2 Tbsp. all purpose flour
1 square chocolate = 3 Tbsp. cocoa plus 1½ tsp. fat
1 cup thin cream (18 - 20%) = 7/8 cup milk plus 3 Tbsp. fat
1 cup heavy cream (36 - 40% fat) = ¾ cup milk plus 1/3 cup fat
1 cup sour or butter milk = 1 cup sweet milk + 1 tbsp. lemon juice or vinegar
1 1/3 cups firmly packed brown sugar = 1 cup granulated sugar
1 lemon = 3 to 4 Tbsp. juice
Grated rind of 1 lemon = 1½ tsp. juice
1 orange = 6 to 8 Tbsp. juice
12 to 14 egg yolks = 1 cup
8 to 10 egg whites = 1 cup
1 Tbsp. cornstarch = 2 Tbsp. flour (when thickening)
9 coarsely crumbled graham wafers = 1 cup
11 finely crumbled graham wafers = 1 cup
7 coarsely crumbled salt crackers = 1 cup
9 finely crushed salt crackers = 1 cup
1 cup evaporated milk + ½ cup water = 1 cup milk

CONTENTS OF STANDARD CANS

Picnic	1¼ cups
No. 300	1¾ cups
No. 1 Tall	2 cups
No. 303	2 cups
No. 2	2½ cups
No. 2½	3½ cups
No. 3	4 cups
No. 5	7 1/3 cups
No. 10	13 cups

MISCELLANEOUS

KAHLUA

4 c. sugar	1/5th vodka
4 c. water	2 vanilla beans, split lengthwise
2 oz. powdered instant coffee	

Mix the sugar and water, boil for 5 min. Add the instant coffee and let cool. Add the vodka and vanilla beans. Let stand for two weeks to two months before using. The longer the better and stronger.

Nora Grubb

STRAWBERRY DAQUIRI

- 1-10 oz. frozen strawberries - thawed
- 1-6 oz. frozen pink lemonade - thawed
- 1 tray ice cubes
- Rum

Fill lemonade can 3/4 full of rum. Combine all ingredients in blender. Blend well. Serve.

The BBW's

HOT SPÃNAPPLE WINE

1 gal. apple cider	3 whole cinnamon sticks
1/5 Spanada wine	

Combine cider, wine and cinnamon sticks in large kettle. Simmer over low heat. The longer it simmers the better it is.

The BBW's

FROZEN PEACH DAQUIRI

1 #2 can peaches
1-12 oz. can frozen pink lemonade
2 tsp. almond flavouring
1 tray ice cubes
Rum

Fill lemonade can 3/4 full with white Bacardi rum and add peaches, lemonade and ice cubes in blender. Add flavouring and blend well. Freeze well.

NOTE - These are delicious when used with fresh peaches, also.

The BBW's

PINEAPPLE MIST

2 c. boiling water
1-6 oz. pkg. lime Jello
1-46 oz. can pineapple juice
1-28 oz. bottle Ginger Ale
½ c. creme de menthe
1/5th vodka

Pour boiling water over Jello. Stir to dissolve and add pineapple juice. Refrigerate. When ready to serve, pour Ginger ale and pineapple-lime mixture over ice in punch bowl. Add creme de menthe and vodka. Serves 30.

The BBW's

PARTY SANDWICH STACK

1 Pullman sandwich loaf (15" long bakery,sliced)
1 recipe egg salad filling
1 recipe cheesy olive spread
1 recipe chicken salad filling
Soft butter or margarine
1-8 oz. pkg. cream cheese, chilled
¼ to 1/3 c. milk
1-8 oz. pkg. cream cheese, chilled
¼ to 1/3 c. milk
5 sprigs parsley, chopped

(continued)

Remove crusts and slice bread loaf lengthwise in 7 inside slices. Butter bottom slice of bread. Spread with half of one filling. Top with second slice, butter and spread with half of second filling. Top with third slice, butter and spread with half of third filling. Repeat with 3 additional slices. Top with last bread slice.

Beat 1 pkg. cream cheese and ¼ to 1/3 c. milk until smooth. Spread lightly over top and sides of stack. Make 2nd batch of frosting as above and spread on stack, swirling for decorative design. Sprinkle chopped parsley over stack and chill.

Wilma Welty

EGG SALAD FILLING

(for Party Sandwich Stack)

1 small stalk celery, finely chopped
¼ green pepper, finely chopped
2 eggs, hard cooked and chopped
1 tbsp. mayonnaise
¼ tsp. salt
Dash of curry powder, opt.
Dash of pepper

Add chopped vegetables to chopped eggs. Add mayonnaise and seasonings and mix well. Makes 1 c.

Wilma Welty

CHICKEN SALAD FILLING

(For Party Sandwich Stack)

1 small dill pickle, finely chopped
1 med. stalk celery, finely chopped
1 c. ground cooked chicken
3 tbsp. mayonnaise
1 tsp. instant minced onion
½ tsp. salt
¼ to ½ tsp. dill weed

(continued)

Combine all ingredients and mix well. Makes 1¼ c.

Wilma Welty

CHEESY OLIVE SPREAD

¼ c. sour cream	4 oz. shredded cheddar cheese
10 pimento stuffed olives, drained and chopped	

Beat sour cream, olives and cheese until smooth. Makes 1 c.

Wilma Welty

WEDDING PUNCH

6 pkg. strawberry powder mix
Sugar - water
1-46 oz. can pineapple juice
1-6 oz. lemonade concentrate or frozen lemon juice
2 large cans frozen orange juice concentrate
2-46 oz. cans red Hawaiian punch or
2 large bottles Ginger Ale

Helen Maxwell

SLUSH HI-BALL

2 c. sugar and 7 c. water - bring to boil and cool
1-12 oz. can frozen orange juice
1-12 oz. can frozen lemonade
2 c. brandy, vodka or gin
(peach brandy or apricot brandy works well)

Mix all ingredients together and put in large container and freeze. Take out 3 or 4 tbsp. of slush for each 8 oz. glass. Fill rest of glass with half 'n half, 7-up or Squirt.

Betty Moes

IRISH COFFEE

1 c. hot coffee
Fresh cream, whipped
½ jigger of whiskey
Sugar, if desired

Combine hot coffee whiskey, and quantity of sugar desired. Add small quantity of whipped cream on top.

Florence Rose

TAHITIAN PUNCH

1-46 oz. can pineapple juice, chilled
1-46 oz. can orange-grapefruit juice, chilled
2 qts. carbonated lemon-lime beverage, chilled
1 pt. lemon or lime sherbet

In large punch bowl stir together juices and carbonated beverage. Spoon sherbet into bowl. Serve immediately.

Serves 38.

Florence Rose

BLUE CHEESE DRESSING

2 pts. whipping cream
5½ c. Real mayonnaise
1 tsp. garlic salt
1 tsp. onion salt
2 tsp. freeze dried chives
1 pkg. blue cheese

Mix whipping cream and cheese together in large bowl first, until stands to a peak. Add mayonnaise, garlic salt, onion salt and chives until fairly well mixed. Put into air-tight container. Should make 2 qts. approx.

Sharon Berlinger

OLD FASHIONED CREAMY RICE

½ c. uncooked rice
½ tsp. salt
¼ c. sugar
¼ tsp. cinnamon
3 c. milk
½ c. seedless raisins or crushed pineapple

Combine all ingredients in top of double boiler. Cook, covered, over boiling water - until rice is tender and milk absorbed. (1 hr.). Stir frequently.

Alice Green
Courtesy Patty Chauvet

"NERD" BATTER FOR HOT DRINK

1 lb. butter
1 pkg. powdered sugar
6 eggs, beaten until fluffy
1 tsp. vanilla
½ tsp. rum flavouring

Cream together the butter and sugar until light, add remaining ingredients. Beat until thoroughly combined. To make a hot toddy, combine 2 tbsp. batter with a jigger of rum then fill the rest of the mug with hot water. This may be frozen and used throughout the year.

Valerie Bley

PLUM WINE

1 gal. plums
3 lb. sugar

Pour boiling water over plums - let stand in warm place. Stir every day for 4 days. Now drain out plums - add water to make 1 gal. Let stand for 3 weeks in a warm place. Add 3 lb. sugar - bottle. Leave cork loose. Put in a cool place to let it settle.

Clara Belschner

CHOKECHERRY WINE

1 gal. chokecherries
3 gal. water
1 pkg. yeast
18 to 20 c. water

Boil water and pour over chokecherries that have been slightly mashed. Add sugar and stir until dissolved. Cool mixture, add yeast and stir. Cover with towel or loose lid. Let stand14 days, do not stir. Lift chokecherry "mash" and add 2-4 lb. sugar to taste. Let set until finished working. Syphon. Rack wine and fill bottles.

Connie Green

MINUTE FUDGE FROSTING

1 sq. chocolate
1 c. sugar
1/3 c. milk
¼ c. Crisco or Oleo
¼ tsp. salt
1 tsp. vanilla

Put all in pan except vanilla and bring to a full boil. Boil 1 min., stirring constantly. Remove from heat, add vanilla, allow to cool, and beat until thick enough to spread.

Florence Beaudette

CHOCOLATE FROSTING

½ c. milk or cream
1 c. granulated sugar
1 c. miniature marshmallows
1 c. chocolate chips
1 tsp. vanilla

Bring to a rolling boil the milk and sugar. Boil for 1 min. Add to the milk and sugar the chocolate chips, marshmallows and vanilla. Cool. If not stiff enough add more powdered sugar.

Myrna Dixon

YORKSHIRE PUDDING

1 c. flour	2 eggs
Small pinch of salt	1 c. milk or more if necessary

Traditional accompaniment to good roast beef.

Sift flour and salt into a mixing bowl. Make a hole in middle of flour and break eggs into it. Beat well with fork gradually adding the milk until a smooth batter. Ladle some hot fat from roast beef into med. size baking pan, or muffin pan (12). Make sure fat is smoking hot. Pour batter into tin or pan and cook in hot oven for 35 to 40 min. Good Yorkshire pudding should rise and be fluffy not heavy.

Batter should not be too thick (oven - 450 F.)

Peggy Murphy

TEA REFRESHMENTS for 300 people:

12 large sandwich loaves, sliced lengthwise (6 white & 6 brown).

FILLINGS FOR FANCY SANDWICHES – Ribbon & Rolled:

4 doz. eggs — hard boil, make filling with salad dressing and seasoning.

4 tins Klik or 1 lb. of ham or bologna — Mix with salad dressing and dills, chopped or sweet relish. This can be used for rolled sandwiches or ribbon type with egg using alternate layers of white and brown bread.

1½ lbs. white cream cheese — Mix with salad dressing. Spread on bread. Sprinkle with chopped maraschino cherries. Make in rolls. Takes 1 - 12 oz. jar red cherries and l - 6 oz. green.

1½ lbs. Velveeta — Mix with salad dressing. Make in rolls with olive (takes about 4 per slice) or dill slices.

3 tins shrimp — Mix with salad dressing. Roll.

2 large tins salmon — Mix with chopped celery, salad dressing and seasoning. Roll centred with dill.

These should be tightly rolled in wax paper and refrigerated till cut. These amounts will make 800 sandwiches allowing 2 - 3 per person.

DAINTIES for 300 people:

3 per person usually allowed. 25 persons supplying 3 dozen each sould be sufficient if a group project.

Also required: 2 lbs. tea
3 lbs. sugar cubes
3 qts. creamilk
½ gallon sweet pickles
½ gallon dills

SUPPER QUANTITY COOKING

BAKED BEANS FOR 100:

8 qts. dry beans
20 qts. salad
4 lbs. butter
4 qts. cream
4 lbs. salt pork
20 doz. rolls
20 pies
2 lbs. coffee

HASH SUPPER FOR 100:

40 lbs. corned beef
32 qts. potatoes
20 doz. rolls
20 qts. chopped cabbage
5 qts. salad dressing
4 lbs. butter
2 lbs. coffee
4 qts. cream

CABBAGE SALAD FOR 175:

20 lbs. cabbage
1½ qts. salad dressing
4 large cans crushed pineapple
2 bunches carrots

HAM SUPPER FOR 225:

48 lbs. canned ham
24 potato salads (solicited)
48 pkgs. peas (1 lb.)
5 lbs. coffee
9 qts. cream
45 qts. strawberries
6 pkgs. Bisquick (mixed re directions for shortcake)
6 qts. heavy cream

BRAISED BEEF FOR 200:

65 lbs. stew beef
60 lbs. potatoes
36 pies
Harvard beets
40 lbs. turnips
2 lbs. cheese

TURKEY DINNER FOR 250:

7 turkeys
75 lbs. butternut squash
20 large cranberry rings
75 lbs. potatoes
10 bunches celery
44 pies

CHICKEN SHORTCAKE FOR 135:

60 lbs. chicken
30 pkgs. frozen peas
12 cans cranberry sauce
3 large pkg. Bisquick
17 pkgs. Flakon corn mix
2 bunches celery

POISON ANTIDOTES AND FIRST AID

KEEP CALM – DO NOT PANIC – CALL HELP

EMERGENCY PHONE NUMBERS

Doctor's Office_______________ Home_______________

Rescue Squad_______________ Police_______________

Pharmacy_______________ Hospital_______________

Emergency Poison Control Center_______________

See other side of this page for substances most frequently ingested by Children . . .

* An emergency always exists if someone swallows poison. Do not delay contacting hospital or physician to obtain advice concerning first aid materials that are not readily available. If necessary, summon police or rescue squad for assistance. Keep telephone numbers immediately available. Even after emergency measures have been taken, always consult physician. A delayed reaction could be fatal.

* It is important to dilute or remove poisons as soon as possible. Sometimes Syrup of Ipecac (available from some Pharmacies or poison centers) is kept in the home to induce vomiting IF RECOMMENDED by physician, or indicated on product label. If Syrup of Ipecac is not available, try to make patient vomit by tickling back of throat with finger, spoon, or similar blunt object after giving water.

HOWEVER . . .

* Vomiting is NOT recommended in all cases. Never induce vomiting in a patient who is unconscious or convulsing. Do not induce vomiting if swallowed substance is acidic or corrosive or petroleum distillate products.

* If poison is from a container, take container with intact label to medical facility treating patient. If poisonous substance is a plant or other unlabeled substance, be prepared to identify suspected substance. Save evidence such as portions of ingested materials from vomitus which may help identify plant or object involved.

MISCELLANEOUS INJURIES AND CONDITIONS

MINOR WOUNDS: (SCRATCHES, ABRASIONS) Wash with soap and water. Cover with sterile dressing and bandage firmly to stop bleeding. See doctor if further treatment necessary.

POISON IVY, OAK, AND SUMAC: Wash affected part thoroughly with soap and water, dry, and swab with alcohol. Apply calomine lotion.

FOREIGN BODIES IN EAR: Fill ear with mineral or olive oil or water containing baking soda. If insect does not float free, consult Doctor.

IN EYE: If it can be seen and does not appear to be imbedded, gently remove foreign body with corner of clean handkerchief or tissue moistened with water. If no avail, cover eye and as with imbedded objects, seek medical aid. DO NOT RUB. For chemicals in eye, wash eye carefully with copious amounts of water for at least 20 minutes. Consult Doctor at once.

ANIMAL BITES: All animal bites should be treated as serious and a Doctor consulted immediately. If an animal is suspected of being rabid, it should be destroyed but the head saved for analysis. If the bite is from an apparently healthy animal, the animal should be impounded for seven days to make sure it does not develop symptoms of rabies. Keep bitten part low. Bathe wound in a weak solution of potassium permanganate.

STINGS AND INSECT BITES: Bathe with moist bicarbonate of soda or weak ammonia. If a bee stinger remains, don't squeeze, but scrape out of skin. Best prevention for mosquito, blackfly bites: preparations containing Diethyltolyamide. Use and store commercial herbicides and pesticides with extreme care. They are also poisonous to birds, animals, and humans.

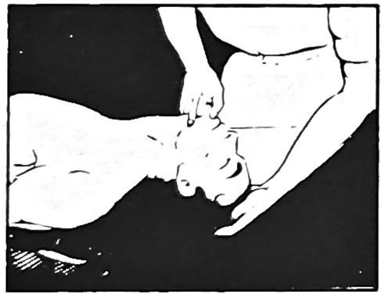
HEAT EXHAUSTION: Symptoms include headache, dizziness, nausea, vomiting, sometimes abdominal cramp, collapse, and unconsciousness. The face is pale with cold clammy sweat. Pulse is weak. Temperature may be normal or slightly raised. Place casualty in cool place. If conscious, give cool salted water to drink (¼ tsp. per glass). Keep comfortably warm. Watch for any change in condition. If temperature rises rapidly, face becomes flushed, skin hot and dry and pulse full and bounding, patient is suffering from Heat Stroke. Immediately wrap patient in cool wet sheet and fan him. Temperature must be brought down to 102 degrees as soon as possible. When this is done, wrap patient in damp sheet and call doctor.

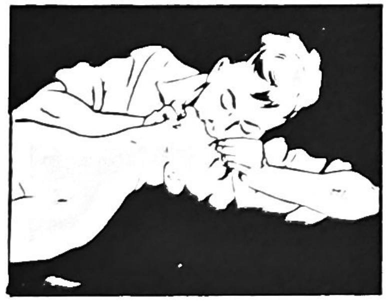
ARTIFICIAL RESPIRATION

WHEN BREATHING STOPS — LOSE NO TIME — EVERY SECOND COUNTS

DELAY CAN BE FATAL

POSITION OF CASUALTY: When rescued, place casualty on his back and raise shoulders with available clothing, blankets, etc. Tilt head well back in order to raise tongue off back of throat and open airway. Remove obvious obstruction with fingers by tilting head to side.





ORAL METHOD:

With one hand lift neck; with other press forehead back and pinch off nose. Seal off casualty's mouth with yours and blow sufficiently to make his chest rise.

Remove your mouth allowing air to exhale. Repeat cycle every 3-5 seconds until recovery. For children use smaller puffs more frequently.

MAKE SURE THE HEAD IS KEPT TILTED WELL BACK.

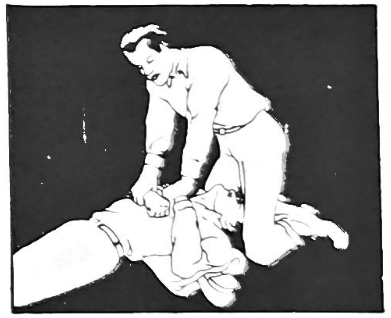
When you can't effectively seal off mouth, close mouth with one hand against chin, tilt head well back and blow through casualty's nose. For infants, cover both nose and mouth with your mouth.

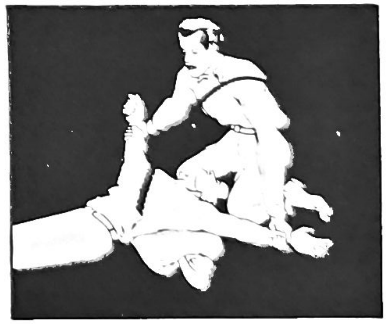
Where casualty has been submerged in water, covered by earthfall or avalanche—administer first breaths as soon as face is uncovered.

SYLVESTER METHOD:

Kneeling astride casualty's head, grasp his arms at wrists. Cross them over lower half of his sternum and rocking forward, press firmly downward only sufficient to force air out of the lungs. This phase should take 2 seconds. Count "one and two and . . ." Release downward pressure, pull arms upward, outward and backwards. This extends the chest walls drawing air into lungs—PROVIDED THE AIRWAY IS KEPT OPEN BY ADEQUATE HEAD TILT. This phase should take 3 seconds, counting "three and four and five . . ." Return the wrists to the sternum for a continuation of the rhythmic cycle each 5 seconds, somewhat faster for a child.

CAUTION: adjust chest pressure to correspond with age and build of casualty.





N.B.: LISTEN FOR: expired air, obstruction to airway. WATCH FOR: adequate head tilt, change in colour (cheeks, ears) eye movements, etc. Operator can be relieved from side by side position in both methods. Keep warm and under observation until medically examined.

BE

PREPARED

*

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FIRST

AID

*

KEEP YOUR

FIRST-AID

KIT UP TO

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